Cooking Light

APRIL 2015

Best Spring Recipes!

69 Fresh & Easy Dishes for Entertaining at Home



DELICIOUS LEMON BARS, THREE WAYS!
Page 168

Plus

Healthy Appetizers
P. 138

Party-Perfect Salmon
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Simple Strawberry Desserts!
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Cooking Light VOL. 29/NO. 3

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Jennifer Causey

FOOD STYLING
Erin Merhar

PROP STYLING
Lindsey Lower



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PHOTOGRAPHY: (THIS PAGE, CLOCKWISE FROM TOP) BRIAN WOODCOCK, JENNIFER CAUSEY, CHRISTOPHER TESTANI, AND JENNIFER CAUSEY

3 STAFF FAVES TO COOK RIGHT NOW



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SUCCULENT SALMON
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PERFECT PASTRY
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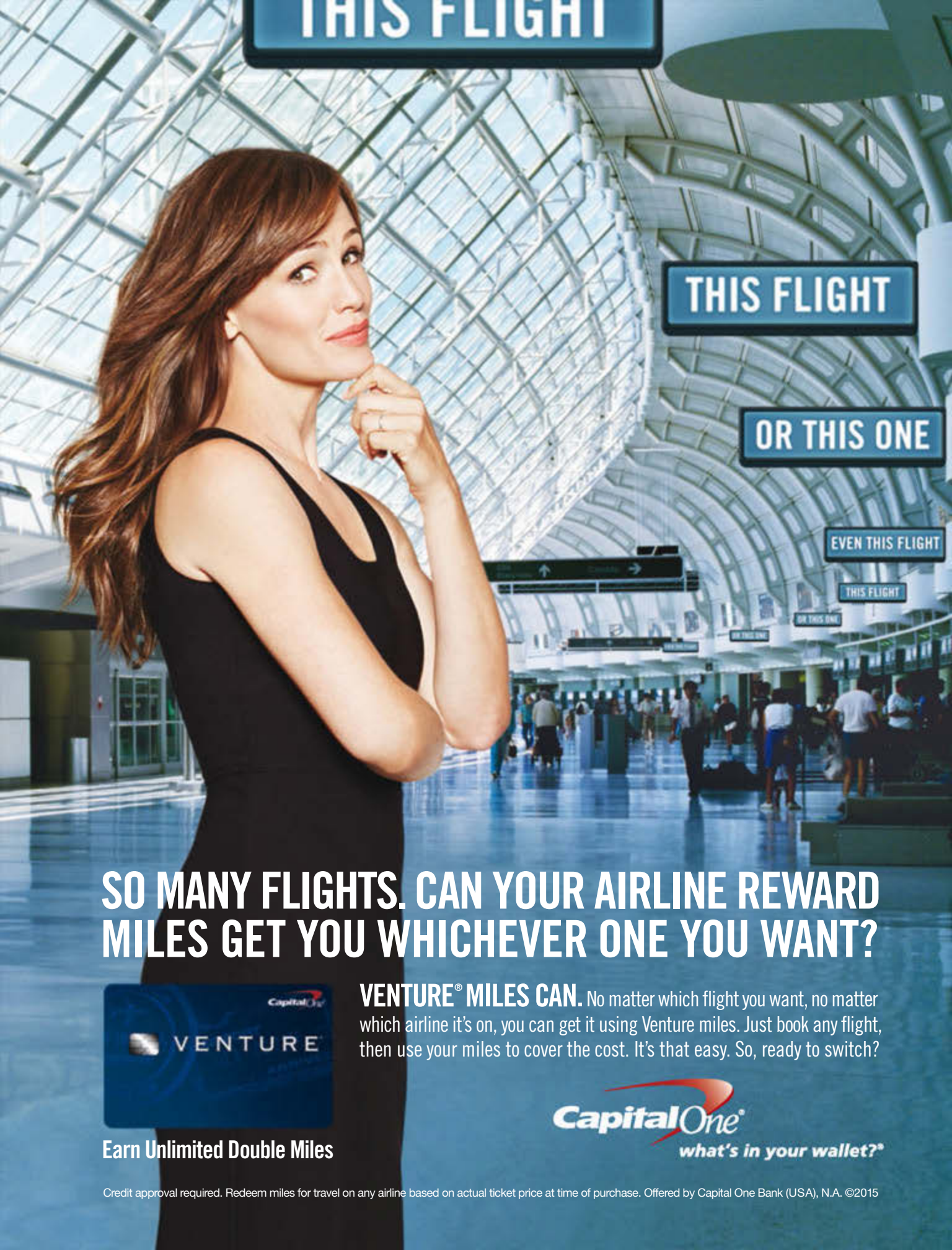
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PHOTOGRAPHY: JENNIFER CAUSEY AND (PORTRAIT) BRIAN WOODCOCK



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note from the editor

Sometimes you just need an excuse to throw a party.

My grandparents Pat and John Erichson knew this better than most. They always found a reason to gather friends and family together and celebrate around the table with good food and drink, and I'm convinced their busy social calendar added years to their lives. They're pictured below, celebrating their 15th class reunion in midcentury style with fellow University of California, Berkeley, alums at San Francisco's Palace Hotel in 1954. Pat, or Mom Pat, as we grandchildren called her, was the consummate hostess who deftly deviled eggs, sandwiched thin slices of beef tenderloin in soft yeast rolls, and displayed fresh cut flowers in crystal vases. Mom Pat also had a gift for making everyone feel as if he or she was the most important person in the room.

It turns out that the secret behind her gift was a few simple rules that still apply today.

1. Plan ahead.

2. Build your menu around go-to dishes. A party is never the occasion to try something new.

3. Mix up the guest list. What's a good party without interesting people?

4. Don't mess with the classics. Martinis are stirred, never shaken.

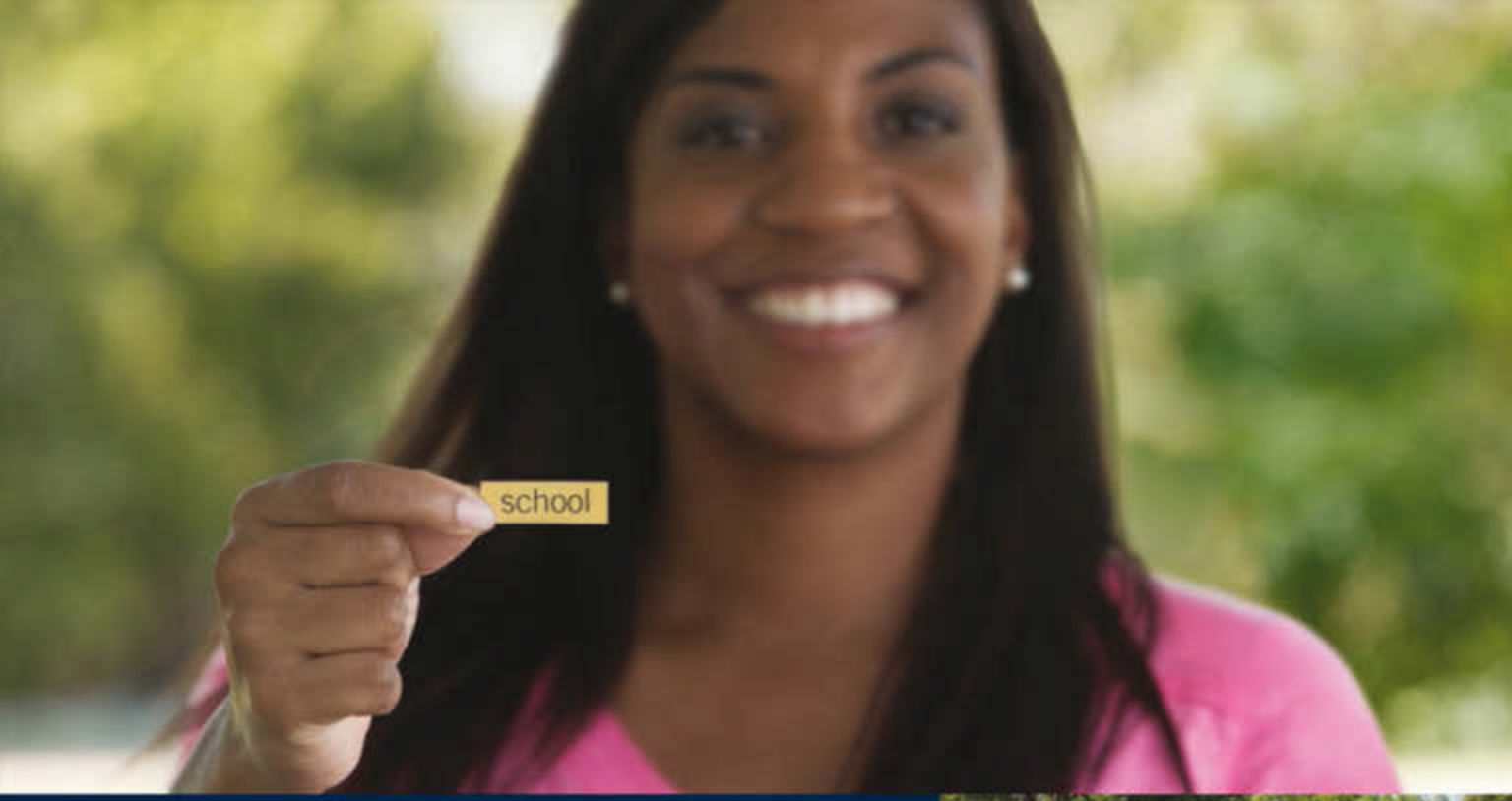
Guests have duties, too. Bring wine or something homemade. Write a thank-you note soon after. Mom Pat, a prolific emailer late in life, probably would have been OK with a thank-you email after casual parties.

So what's our excuse for the three big parties this month, beginning on page 123? The anticipation of spring and everything green and delicious that grows during it. So throw open the windows. Invite some friends over. Mix up batched cocktails or punch, and put on your favorite playlist. Roast a whole side of salmon using our recipe on page 162. Take a bow. No need to tell your guests how easy it all is as long as you adhere to a few simple rules.

HUNTER LEWIS
Hunter@CookingLight.com
@HunterLewis40
@NotesFromACook

PHOTOGRAPHY: COURTESY OF HUNTER LEWIS





WHAT OUR EXPERIMENT ABOUT OPTIMISM MEANS FOR YOUR FUTURE.



Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this "optimism bias," and it's a major reason why many people fail to plan for risks they'll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

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Cooking Light

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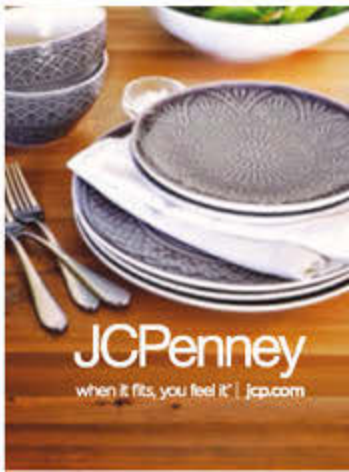
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@cookinglight

LETTERS



THAT'S ONE SUPER SOUP

The Warm-Spiced Butternut Squash Soup (Jan/Feb, p. 12) definitely did not disappoint! Although it was a bit labor-intensive, every spoonful of this homey soup proved the extra work was worth it. The texture was perfectly creamy, and the addition of cinnamon, red pepper, allspice, and star anise added wonderful warmth and depth.

—ISABELLA ALESSANDRINI
NEW YORK CITY

GIVING CABBAGE NEW LIFE

I bought a head of green cabbage with the intent of making a stir-fry, but when I saw the Caribbean-Style Roast Cabbage with Carrots recipe in the Jan/Feb issue (p. 74), I had to try something new with the classic green cabbage. The dish was totally delicious, and I will most definitely make it again.

—CHRISTINE MADAY
VIA EMAIL

THESE RECIPES REALLY WOW!

I love the Wow! articles at the back of each issue! The Squash Egg-in-the-Hole (Jan/Feb, p. 152), combined with the Poached Pear Bread (Jan/Feb 2014, p. 168), made for an amazing and easy-to-prepare brunch.

—CARRIE ANDERSON-PAQUETTE
GROVELAND, MA

THAT'S ONE BITTER BIRD

I have never had a cover recipe that I did not like, but the Charred Lemon Chicken Piccata (Jan/Feb, p. 122) is just not good. The charred lemon makes the chicken bitter, and everything just lacks flavor.

—PAT STELZ
NEW ORLEANS, LA

Editor's reply: *Oh no! Maybe this will help. There is some light bitterness that comes from the lemon slices, but we should have specified that unless you really like bitter flavors, you should not eat the slices. Also, in step 2, you'll get more char and caramelization if you leave the liquid in the bowl and only add the lemons and garlic. Lastly, if the lemon is not browned after 1 minute, keep cooking until you achieve some browning.*

*BEHIND THE SCENES INSTAGRAM

Ever wonder what happens behind the scenes at *Cooking Light*? Here's a taste. For more delicious inspiration, follow **@CookingLight** on Instagram.



Get inspiration from our editors, stylists, Test Kitchen pros, and community of foodies on our Instagram feed.

FACEBOOK

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Love a recipe? Have a nit to pick? Leave feedback and suggestions at Facebook.com/CookingLight.



WEEKNIGHT LEMON CHICKEN SKILLET DINNER
Jan/Feb 2015
This was amazing and pretty darn easy.
—AMANDA RIETER



BLUEBERRY OATMEAL MUFFINS
August 2010
They are DELICIOUS! My fave blueberry muffin recipe!
—ELIZABETH AMORE YINGLING



EASY CHICKEN AND DUMPLINGS
Jan/Feb 2015
I've made this, and it is really easy and delicious.
—HELENE JUNEBUG

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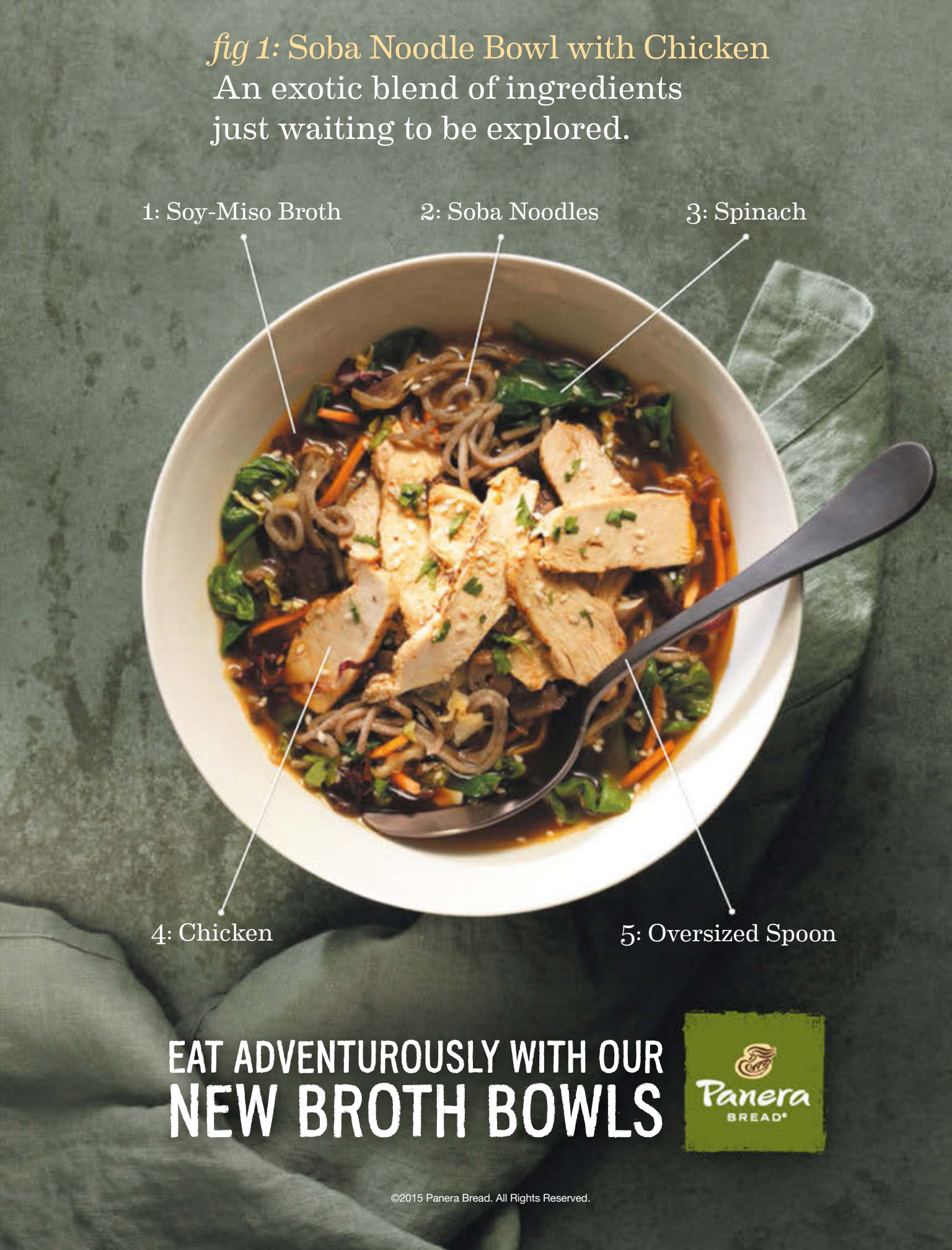
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PHOTOGRAPHY: (CLOCKWISE FROM TOP LEFT) RANDY MAYOR, COURTESY OF COOKING LIGHT/INSTAGRAM, JUSTIN WALKER, JOHNNY AUTRY, AND JUSTIN WALKER


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fig 1: Soba Noodle Bowl with Chicken

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LET'S GET

cooking!





TODAY'S SPECIAL

Split Pea Mini Pancakes with Mushrooms

Nashville's star Indian chef makes party food worth celebrating.

BY TIM CEBULA

Maneet Chauhan takes party food seriously. "You have a drink in your hand, so it needs to be portable and easy to eat. But that small bite needs to have a big impact," says the *Chopped* judge and chef-owner of Nashville's big-buzz restaurant, Chauhan Ale & Masala House. "What makes great party food is an element of surprise, and an element of wow."

Chauhan brings the wow factor by crafting snacks that are like flavor symphonies: hot and spicy rhythm, lilting sweetness, savory undertones, tangy high notes. "One of my guests once said a dish of mine is like a party in your mouth, and that's exactly what I'm trying to create," she says.

For surprising elements, Chauhan likes to deliver familiar ingredients

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT: COURTESY OF FRANCISCO AGUILA

CLEAN UP

Step up your spring tidying with Common Good's all-natural cleansers. commongoodandco.com



let's get cooking!



FRESH POPS

Frozen treat pioneers Good Pop export their famed flavors across the country. $6, goodpops.com

in unexpected ways. While most people think of split peas or lentils as the base for hearty soups, Chauhan challenges expectations by turning them into light, blini-style pancakes. She tops them with a mustard seed–flecked mushroom relish, spiced up with fresh serrano and chile paste. Try her original dish—she features fresh morel mushrooms—this month at Chauhan Ale & Masala House in Nashville.

SPLIT PEA MINI PANCAKES WITH MUSHROOM RELISH

Hands-on: 40 min. Total: 2 hr. 30 min.

Garnish these festive bites with cilantro. They're best served hot but are also good at room temperature.

- 1¼ cups dried green split peas
- 8¾ cups water, divided
- ¼ cup chopped fresh cilantro
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon grated unsweetened coconut
- 1 teaspoon cumin seeds
- 1 teaspoon kosher salt, divided
- 1 teaspoon ground turmeric, divided
- ½ cup plus 1 tablespoon canola oil, divided
- 1½ teaspoons mustard seeds
- 1 cup finely chopped red onion
- 1 serrano chile, minced
- 2 cups sliced shiitake mushroom caps (about 6 ounces)
- 1 cup chopped tomato
- 2 teaspoons sambal oelek (ground fresh chile paste)

1. Place peas in 8 cups water; let stand for 2 hours. Drain. Place soaked peas, cilantro, ginger, coconut, cumin, ½ teaspoon salt, and ½ teaspoon turmeric in the bowl of a food processor; process until smooth. With processor running, slowly drizzle in ½ cup water until a smooth batter forms.

2. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil and mustard seeds; sauté 3 minutes or until seeds begin to sizzle and smell pungent. Add onion and serrano; sauté 3 minutes or until tender. Add mushrooms; sauté 6 minutes or until lightly browned. Add remaining ¼ cup water, tomato, sambal, remaining ½ teaspoon salt, and remaining ½ teaspoon turmeric. Simmer 5 minutes or until thickened. Remove from pan; wipe pan clean with paper towels.

3. Return pan to medium-high heat; spoon 8 (1½-tablespoon) mounds of batter into pan; flatten slightly to make pancakes. Pour one-third of remaining ½ cup canola oil around cakes. Cook 90 seconds on each side or until golden brown. Repeat procedure twice with remaining batter and oil. Top each pancake with 1 tablespoon relish.

SERVES 12 *(serving size: 2 cakes and 2 tablespoons relish)* **CALORIES** 126; **FAT** 11.2g (sat 1g, mono 6.7g, poly 3g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 1g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 183mg; **CALC** 14mg

LOCAL FIND

From $18 for 16 ounces, mcclarybros.com

Sip-Worthy Vinegars



Inspired by a colonial-era cocktail mixer known as a shrub and fueled by strong ties with local farms, Jess McClary's McClary Bros. Drinking Vinegars are made with organic, unpasteurized, unfiltered cider vinegar; organic cane sugar; and the best of each seasonal harvest. Flavors range from luscious tastes of summer (Pineapple & Fennel Seed) to earthy notes of cooler months (Michigan Beet & Carrot). Beyond being an ideal partner to favorite spirits, the vinegars can serve as a base for flavorful sodas, salad dressings, or marinades. –DARCY LENZ



BOOKS FOR COOKS

BREAKFAST

Ten years ago, George Weld opened Egg, a happy, no-nonsense restaurant serving honest Southern breakfast to the groggy denizens of Brooklyn. Weld's elegant new book shares his formula for sunny breakfast fare like biscuits, eggs, grains, and hash, including a standout smoked bluefish version. *Rizzoli, $35, 208 pages.* –HUNTER LEWIS

PHOTOGRAPHY: (VINEGAR) RANDY MAYOR; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN. (TOP LEFT AND BOOK) JENNIFER CAUSEY AND (TOP RIGHT) COURTESY OF COOKING LIGHT/INSTAGRAM


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Incredibly refreshing Gose beer is spiced with coriander and a little salt. westbrookbrewing.com



[let's get cooking!]



TAKE A SPIN

Powerful performance and preset controls have us loving the Breville Boss. $450, brevilleusa.com



MOST WANTED

Let's Party

Entertain in style with these cute picks for your spring soirée.

BY KIMBERLY HOLLAND

1 A PUNCH OF PATTERN

Go bold with Kate Spade New York's Salut! multi-stripe dinner plate and green polka-dot salad plate. They're melamine, which means they're safe for clumsy guests and young kids alike. *$16 and $14,* **lifeguardpress.com**

2 NIFTY NAPKINS

Greet your guests at the door with a fresh mimosa and one of Plat du Jour's festive cocktail napkins. Available in seven patterns. *$6/24 napkins,* **platdujourco.com**

3 CHILL OUT

Keep your wine cooled on your way to a picnic or outdoor event with Le Creuset's Wine Cooler Carry Bag. Extended height covers and cools the entire bottle. Available in red, green, and black. *$35,* **lecreuset.com**

4 EGG-CELLENT FOR BRUNCH

Serve toast dippers and soft-boiled eggs in Pier 1's colorful pressed-glass spin on the classic egg cup. *$3 each,* **pier1.com**

5 SWEET TUNES

Turn any get-together into a dance party with Lilly Pulitzer's wireless Bluetooth-enabled speaker. Fully charged, the stylish speaker plays up to five hours. *$50,* **lifeguardpress.com**

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SPARKLY

With bright citrus notes, New Mexico's Gruet Brut bubbles are ideal for spring entertaining. $15



[let's get cooking!]



BUBBLY

Flavorful and ebullient, this effervescent chardonnay is a party fave. Secco Italian Bubbles Bianco Brut, $13



Visit **Cooking Light.com/ Features** for tips and tricks for making effortlessly elegant ice blocks.

SOCIAL SIP

Punch It Up

A guide to the perfect party sipper

BY JORDAN MACKAY

Punch takes the title as the ultimate beverage for home gatherings. Essentially a few rounds of cocktails made in advance, punch prevents an unsightly clutter of bottles and mixers and eliminates the need for anyone—host or guest—to spend precious party time mixing up drinks. Above all, punch is delicious hospitality in a bowl.

With a little prep and basic measurement, anyone can create an original punch—no professional mixology skills required. Concocting your own is simply a matter of keeping all components in balance. As always, taste before serving so you can tweak as necessary.

Our Spring Gin Punch—bright, flavorful, and refreshing—is based on a framework of tried and true cocktail proportions, with a few added ingredients for complexity. The recipe to the right not only explains how to make the citrusy, herb-infused punch (pictured above), but it also provides the basic road map to building a new recipe using your favorite spirits and flavors. Follow the formula, along with your instincts, and you're guaranteed a wow-worthy—and easy—custom cocktail.

SPRING GIN PUNCH

Hands-on: 10 min.
Total: 40 min.
A simple formula makes perfect punch every time.

1 Part Sweet
Start by making a simple syrup.
Muddle peels from 1 lemon and 1 lime with ½ cup sugar in a large bowl. Add 10 ounces still water; stir until sugar dissolves.

+

2 Parts Spirit
Choose what melds best with the flavor profile you're building.
Floral gin works best here—stir in 16 ounces.

+

1 Part Sour
Fresh citrus is the standard.
Stir in 4 ounces fresh lemon juice and 4 ounces fresh lime juice.

+

Flavor Boosters
Add liqueurs and fresh botanicals for delicate depth.
Stir in 1 ounce absinthe and 6 dashes Angostura bitters. Add 16 thin cucumber slices and 8 fresh mint leaves. Chill at least 30 minutes.

+

4 Parts Sparkling Water
The finishing touch before serving
Pour punch into a punch bowl over an ice block; discard citrus peels. Stir in 32 ounces sparkling water. Garnish with thinly sliced lemon and lime.

SERVES 16 *(serving size: 4 ounces)*
CALORIES 88;
FAT 0g; **SODIUM** 3mg

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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ON BOARD

For balanced cheese boards, use the rule of 3: 1 hard (Parm), 1 soft (Brie), and 1 blue (Gorgonzola).



[let's get cooking!]



WASH & GO

Ditch paper napkins for cloth ones and save a few trees. We love the designs from henhouselinens.com.



HELP ME, KENJI

Q: How Do You Make Crudités Less Boring?

A: I get really bummed every time I go to a party and see a sad vegetable platter consisting of precut baby carrots and tired celery sticks. It doesn't have to be that way. With a little effort, the veggie platter can be the star of your spread.

The first rule: Throw out the shopping list. I walk the produce aisle and let my eyes and nose guide me based on what looks best. Does that fresh asparagus look especially enticing? Grab a bunch. What about those perfect baby zucchini? Those'll work, too.

The next rule: Use at least four types of veggies, with a nice contrast of colors. A vegetable platter should be gorgeous to look at. Here are some of my favorite vegetables to use: carrots, bell peppers, jicama (cut into sticks or disks), radishes (left whole with a couple of leaves attached), sliced fennel bulb, cucumbers (I like the small Persian variety), zucchini, and summer squash, all raw.

Green vegetables like asparagus, snap peas, broccoli, and string beans should be blanched quickly in boiling water, brightening their color yet leaving them crunchy-sweet. Small, crisp lettuces like endive and radicchio are also great additions to the platter: Separate the heads into individual leaves for scoop-sized cups.

Finally, freshness is key. Buy your vegetables at most a day or two ahead, and wait to cut them until you're within hours of party time.



Kenji Lopez-Alt is the chief creative officer of Serious Eats (seriouseats.com), where he writes The Food Lab, unraveling the science of home cooking.



Blanch green veggies for about a minute; shock in an ice bath to set color and stop the cooking.



GLOBAL INGREDIENT

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from the Cooking Light Kitchen

dinner tonight

FAST FAMILY RECIPES

20 PAGES OF FAST MEALS



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AND MORE!

Orange-Glazed Salmon with Olive Quinoa, page 26

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 8

DINNER TONIGHT
MEATLESS MONDAY

40 MINUTES

risotto primavera

with balsamic kale and radicchio sauté

Upgrade option: Soak ½ ounce dried porcini mushrooms in ½ cup boiling water for 10 minutes. Reserve the liquid, and add to stock in place of water; cook porcini with button mushrooms.

- 2½ cups unsalted vegetable stock (such as Kitchen Basics)
- ½ cup water
- 1 teaspoon olive oil
- 1½ cups chopped onion
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh thyme, divided
- 4 ounces sliced button mushrooms
- 1 cup uncooked Arborio rice
- ½ cup dry white wine
- 1 cup frozen green peas, thawed
- ¼ cup chopped fresh flat-leaf parsley
- 2 tablespoons mascarpone or cream cheese
- 1 teaspoon sherry vinegar
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 tablespoons grated vegetarian Parmesan cheese

1. Bring stock and ½ cup water to a simmer in a small saucepan. Reduce heat to low; keep warm.

2. Heat a medium saucepan over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 2 minutes or until tender. Add garlic, 2 teaspoons thyme, and mushrooms; cook 4 minutes. Add rice; cook 1 minute, stirring to coat. Add wine; cook 30 seconds, scraping pan to loosen browned bits. Reduce heat to medium-low. Add ½ cup stock mixture to pan; cook 4 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining stock mixture, ½ cup at a time, stirring almost constantly until each portion is absorbed before adding the next (about 22 minutes). Remove pan from heat. Stir in peas, parsley, mascarpone cheese, vinegar, salt, and pepper. Sprinkle with remaining 1 teaspoon thyme and Parmesan cheese.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 350; **FAT** 9.2g (sat 4.2g, mono 3g, poly 0.5g); **PROTEIN** 11g; **CARB** 54g; **FIBER** 5g; **CHOL** 20mg; **IRON** 1mg; **SODIUM** 480mg; **CALC** 85mg

BALSAMIC KALE AND RADICCHIO SAUTÉ

Heat a skillet over medium heat. **Add** 1 tablespoon olive oil; swirl. **Add** 4 cups chopped Lacinato kale, 1 cup sliced radicchio, and 1 teaspoon minced garlic; **sauté** 2 minutes. **Stir in** 1 tablespoon balsamic vinegar, ¼ teaspoon kosher salt, ¼ teaspoon sugar, and ⅛ teaspoon crushed red pepper.

SERVES 4 *(serving size: about ½ cup)*
CALORIES 71; **FAT** 3.9g (sat 0.5g, mono 2.5g, poly 0.6g); **PROTEIN** 2g; **CARB** 8g; **FIBER** 1g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 152mg; **CALC** 95mg

PREP TIP

Keep heated stock on a back burner and the risotto in front; the ladle won't have to travel far as you add liquid.



GAME PLAN

WHILE STOCK AND WATER COME TO A SIMMER
Chop kale and radicchio. Mince garlic.

WHILE RISOTTO COOKS
Cook kale mixture.



SIMPLE SUB
You can use shelled fresh peas or fava beans, or frozen shelled edamame (thawed) in place of frozen peas.



USE IT UP
Combine leftover mascarpone cheese with a little sugar, vanilla, and lemon for a fresh fruit dip, or swirl into pasta sauce for added richness.

PHOTOGRAPHY: WHITNEY OTT; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

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DINNER TONIGHT

JUST FOR 2 TUESDAY

30 MINUTES



GAME PLAN

WHILE QUINOA COOKS
Preheat broiler.
Prepare salmon fillets.

WHILE SALMON COOKS
Prepare salad.



BUDGET BUY
Instead of pine nuts for the quinoa, you can sub sliced almonds or chopped walnuts.

USE IT ALL

Grate the orange first, peel and section, and squeeze what's left over a bowl—enough juice for the glaze.

orange-glazed salmon with olive quinoa

with spring greens, pea & citrus salad

sustainable choice

The fragrant orange glaze caramelizes as the salmon quickly cooks under the broiler. To serve 4, double the salmon, glaze, and quinoa, and increase the water for the quinoa to 1¼ cups.

- ⅔ cup water
- ½ cup uncooked quinoa, rinsed and drained
- ⅜ teaspoon kosher salt, divided
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon pitted kalamata olives, sliced
- 1 tablespoon pine nuts, toasted
- 2 (6-ounce) salmon fillets
- 1 tablespoon maple syrup
- 1 teaspoon grated orange rind
- 1 teaspoon fresh orange juice
- ½ teaspoon Dijon mustard
- ¼ teaspoon minced garlic
- ¼ teaspoon freshly ground black pepper

1. Preheat broiler to high.
2. Combine ⅔ cup water, quinoa, and ⅛ teaspoon salt in a small saucepan; bring to a boil. Reduce heat; simmer 13 minutes or until liquid is absorbed. Stir in parsley, olives, and pine nuts.
3. While quinoa cooks, arrange fillets, skin side down, on a foil-lined baking sheet. Combine remaining ¼ teaspoon salt, syrup, rind, juice, Dijon, garlic, and pepper in a bowl, stirring with a whisk. Spread orange mixture evenly over fillets. Broil salmon 6 minutes or until desired degree of doneness. Serve fillets with quinoa mixture.

SERVES 2 *(serving size: 1 fillet and about ⅔ cup quinoa)*
CALORIES 479; **FAT** 16.9g (sat 2.8g, mono 6.1g, poly 6.4g); **PROTEIN** 43g; **CARB** 37g; **FIBER** 4g; **CHOL** 90mg; **IRON** 3mg; **SODIUM** 591mg; **CALC** 59mg

SPRING GREENS, PEA, AND CITRUS SALAD

Combine 2 teaspoons olive oil, 2 teaspoons sherry vinegar, ⅛ teaspoon kosher salt, and ⅛ teaspoon freshly ground black pepper in a bowl, stirring with a whisk. **Add** 2 cups mixed spring greens, ½ cup frozen thawed green peas, and ½ cup orange sections (about 1 orange) to bowl; **toss** to coat.

SERVES 2 *(serving size: about 1½ cups)*
CALORIES 99; **FAT** 4.7g (sat 0.7g, mono 3.3g, poly 0.5g); **PROTEIN** 3g; **CARB** 13g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 176mg; **CALC** 26mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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DINNER TONIGHT

WEDNESDAY

35 MINUTES

hoisin grilled flank steak with noodle salad

with swiss chard & shiitake sauté

The noodle salad is delicious cold, perfect for warmer weather. Toss in any vegetables you like, such as snap peas and bell peppers.

- 1 tablespoon fresh lemon juice
- 4 teaspoons minced garlic, divided
- 1½ teaspoons hoisin sauce
- 1 (1-pound) flank steak
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- Cooking spray
- 4 ounces uncooked dried udon noodles (thick Japanese wheat noodles), soba noodles, or wide rice noodles
- ½ cup shredded carrot
- ½ cup thinly sliced English cucumber
- ½ cup thinly sliced radishes
- 2 tablespoons rice vinegar
- 1 tablespoon dark sesame oil
- 1 teaspoon Sriracha
- 1 teaspoon lower-sodium soy sauce

1. Heat a grill pan over medium-high heat. Combine juice, 3 teaspoons garlic, and hoisin in a bowl; brush evenly over steak. Sprinkle steak evenly with ¼ teaspoon salt and ¼ teaspoon pepper. Coat pan with cooking spray. Add steak to pan; grill 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board. Let stand 5 minutes. Cut across the grain into thin slices.

2. Cook noodles according to package directions; drain and rinse with cold water. Drain. Place noodles, carrots, cucumber, and radishes in a large bowl. Combine remaining 1 teaspoon garlic, remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, vinegar, and remaining ingredients in a bowl, stirring with a whisk. Add vinegar mixture to noodle mixture; toss.

SERVES 4 *(serving size: 3 ounces steak and about 1 cup noodle mixture)*
CALORIES 316; **FAT** 10.7g (sat 2.8g, mono 3.6g, poly 1.7g); **PROTEIN** 29g; **CARB** 24g; **FIBER** 2g; **CHOL** 70mg; **IRON** 3mg; **SODIUM** 461mg; **CALC** 52mg

GAME PLAN

WHILE WATER FOR NOODLES COMES TO A BOIL
Cook steak.

WHILE NOODLES COOK
Cook chard mixture.



MAKE AHEAD
Make the udon noodle salad and marinate the steak the night before. Sprinkle the steak with salt and pepper before grilling.



MAKE IT SPECIAL
Instead of shiitake mushrooms, substitute 1 (3.5-ounce) package exotic mushroom blend.



SWISS CHARD AND SHIITAKE SAUTÉ

Heat a large skillet over medium-high heat. **Add** 1 tablespoon canola oil; **swirl** to coat. **Add** 4 ounces sliced shiitake mushroom caps; **sauté** 3 minutes or until lightly browned. **Add** 12 cups chopped Swiss chard and 2 tablespoons water; **cook** 2 minutes or until chard wilts. **Drizzle** 2 teaspoons dark sesame oil and 2 teaspoons rice vinegar over chard mixture; **toss** to coat.

SERVES 4 *(serving size: about 1 cup)*
CALORIES 81; **FAT** 6.1g (sat 0.6g, mono 3.2g, poly 2g); **PROTEIN** 3g; **CARB** 6g; **FIBER** 2g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 233mg; **CALC** 56mg

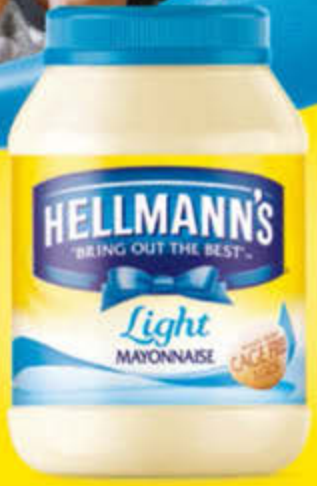
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DINNER TONIGHT THURSDAY

35 MINUTES

skillet chicken and mozzarella bake

with celery & arugula salad

To get more cheesy coverage from the mozzarella, you can freeze it for a few minutes and then cut into superthin slices.

- 1/3 cup panko (Japanese breadcrumbs)
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons unsalted butter, melted
- 1 tablespoon olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 1 cup chopped tomato
- 3/4 cup lower-sodium marinara sauce (such as Dell'Amore)
- 1/4 cup unsalted chicken stock (such as Swanson)
- 1 tablespoon chopped fresh oregano, divided
- 2 ounces fresh mozzarella cheese, torn into small pieces (about 1/2 cup)

1. Preheat oven to 400°.

2. Heat a large skillet over medium heat. Add panko; sauté 3 minutes. Combine panko, Parmesan cheese, and butter in a small bowl.

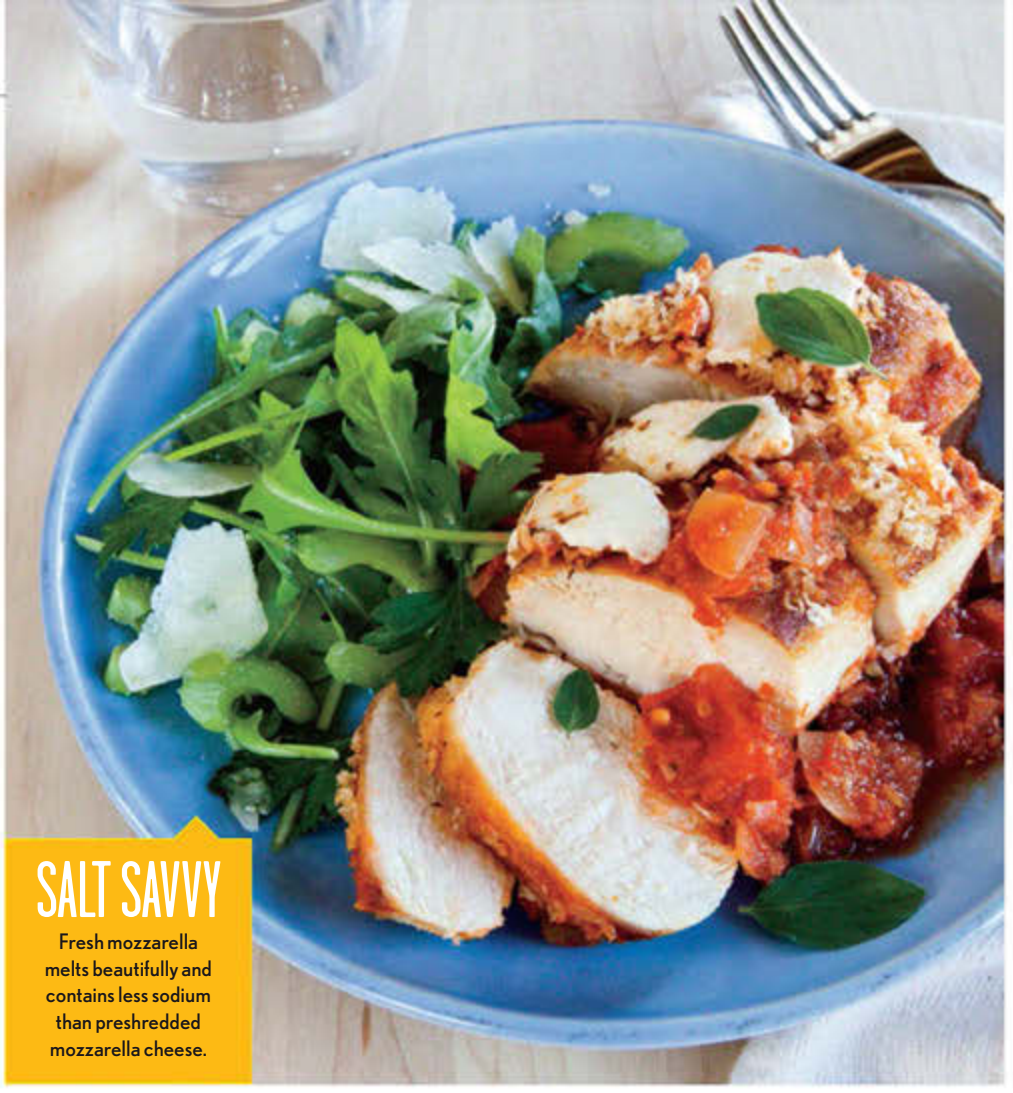
3. Heat pan over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 5 minutes. Turn and cook 2 minutes. Remove chicken from pan. Add remaining 2 teaspoons oil to pan; swirl. Add onion and garlic to pan; sauté 2 minutes. Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, tomato, marinara sauce, stock, and 2 teaspoons oregano to pan. Return chicken to pan; bring to a boil. Sprinkle panko mixture and mozzarella over top. Place pan in oven. Bake at 400° for 10 minutes or until chicken is done. Top with remaining 1 teaspoon oregano.

SERVES 4 *(serving size: 1 chicken breast half and about 3/4 cup sauce)*
CALORIES 354; **FAT** 14.4g (sat 5.1g, mono 5.5g, poly 1.4g); **PROTEIN** 42g; **CARB** 12g; **FIBER** 2g; **CHOL** 128mg; **IRON** 1mg; **SODIUM** 548mg; **CALC** 68mg

CELERY AND ARUGULA SALAD

Combine 1 tablespoon olive oil, 1 tablespoon lemon juice, 1/2 teaspoon freshly ground black pepper, and 1/4 teaspoon kosher salt in a large bowl, stirring with a whisk. **Add** 4 cups baby arugula, 1 cup fresh flat-leaf parsley leaves, and 1/2 cup thinly diagonally sliced celery; **toss** to coat. **Sprinkle** with 2 tablespoons shaved Parmesan cheese.

SERVES 4 *(serving size: about 1 1/2 cups)*
CALORIES 55; **FAT** 4.4g (sat 0.9g, mono 2.7g, poly 0.5g); **PROTEIN** 2g; **CARB** 3g; **FIBER** 1g; **CHOL** 2mg; **IRON** 1mg; **SODIUM** 182mg; **CALC** 87mg



SALT SAVVY

Fresh mozzarella melts beautifully and contains less sodium than preshredded mozzarella cheese.

GAME PLAN

WHILE OVEN PREHEATS
Prepare chicken and tomato mixture.

WHILE CHICKEN BAKES
Prepare salad.



PREP POINTER
Sear the chicken until almost done. It will finish cooking in the tomato sauce.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



RISE TO THE OCCASION THIS EASTER

WITH THE **100% ROBUST FLAVOR** OF McCORMICK®.

McCormick Orange Glazed Ham

1 bone-in spiral-cut ham (about 10 lbs.)
1 cup orange marmalade
1/4 tsp. **McCormick Ground Cloves**
1 tsp. **McCormick Ground Mustard**
1/2 tsp. **McCormick Garlic Powder**
1/4 tsp. **McCormick Ground Black Pepper**

Tip: No cloves? Use 1 tsp. **McCormick Ground Cinnamon** instead.

PLACE the ham on its side in roasting pan. Mix marmalade and spices in small bowl until well blended. Brush 1/2 of the marmalade mixture over ham, gently separating the slices so mixture can reach middle of ham. Cover loosely with foil.

BAKE in preheated 325°F oven 1 hour, basting occasionally. Remove foil. Brush with remaining marmalade mixture. Bake 45 minutes longer. Serve ham with pan drippings.

Makes 24 servings.



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DINNER TONIGHT
FAMILY FRIDAY

35 MINUTES

lamb burgers with feta-mint spread

with grilled asparagus

STAFF FAVE

We combine ground lamb with lean ground sirloin for a less fatty patty; you can also use all sirloin. Try our grilled asparagus spears in place of fries: They get deliciously charred in the pan.

- ½ cup finely chopped onion
- ¼ cup chopped fresh flat-leaf parsley
- 1 teaspoon minced garlic
- 1 teaspoon grated lemon rind
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ⅛ teaspoon ground cumin
- 8 ounces lean ground lamb
- 8 ounces 90% lean ground sirloin
- Cooking spray
- 4 (1½-ounce) whole-wheat hamburger buns
- ¼ cup plain fat-free Greek yogurt
- 2 tablespoons reduced-fat feta cheese, crumbled
- 1 tablespoon finely chopped fresh mint
- 1 teaspoon lemon juice
- 1 cup baby arugula

1. Combine first 9 ingredients in a bowl, stirring just until combined. Divide the lamb mixture into 4 equal portions; shape each portion into a ½-inch-thick patty.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; grill 4 minutes on each side or until desired degree of doneness. Remove patties from pan. Add buns to pan, cut sides down; grill 1 minute or until toasted.

3. Combine yogurt, cheese, mint, and juice in a small bowl, stirring with a whisk. Place patties on bottom halves of buns; top evenly with feta mixture, arugula, and top halves of buns.

SERVES 4 *(serving size: 1 burger)*
CALORIES 341; **FAT** 15.1g (sat 5.7g, mono 5.8g, poly 1.7g); **PROTEIN** 26g; **CARB** 25g; **FIBER** 4g; **CHOL** 73mg; **IRON** 3mg; **SODIUM** 529mg; **CALC** 101mg

GRILLED ASPARAGUS

Heat a grill pan over medium-high heat. **Lightly coat** 1 pound trimmed asparagus with cooking spray. **Add** asparagus to pan; **grill** 4 minutes. **Place** asparagus on a platter. **Sprinkle** with 2 teaspoons olive oil, ¼ teaspoon kosher salt, and ¼ teaspoon pepper.

SERVES 4 *(serving size: 4 ounces)*
CALORIES 44; **FAT** 2.5g (sat 0.4g, mono 1.6g, poly 0.3g); **PROTEIN** 3g; **CARB** 5g; **FIBER** 2g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 122mg; **CALC** 28mg

—Recipes by Mary Drennen; additional recipe by Ivy Manning

GAME PLAN

WHILE BURGERS GRILL
Prepare yogurt sauce.

WHILE ASPARAGUS GRILLS
Assemble burgers.



QUICK FIX
If you don't have a grill pan, you can cook the burgers in a cast-iron skillet and broil the asparagus for 4 to 6 minutes.



FLAVOR HIT
These burgers go Greek by swapping the usual mayo and cheddar for yogurt and mint. Stir feta into the spread so crumbles won't slide off.



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



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DINNER TONIGHT SHOPPING LIST

FOR RECIPES PAGES 24-32



RISOTTO PRIMAVERA

- ☐ Thyme
- ☐ Parsley
- ☐ 8-ounce package presliced mushrooms (1)
- ☐ Onion
- ☐ Garlic
- ☐ Frozen green peas
- ☐ Olive oil
- ☐ Sherry vinegar
- ☐ Unsalted vegetable stock (such as Kitchen Basics)
- ☐ Dry white wine
- ☐ Arborio rice
- ☐ Mascarpone cheese
- ☐ Vegetarian Parmesan cheese

Balsamic Kale and Radicchio Sauté

- ☐ Lacinato kale
- ☐ Radicchio (1 small head)
- ☐ Garlic
- ☐ Crushed red pepper
- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ Sugar



ORANGE-GLAZED SALMON WITH OLIVE QUINOA

- ☐ Quinoa
- ☐ Orange (1)
- ☐ Parsley
- ☐ Garlic
- ☐ Dijon mustard
- ☐ Maple syrup
- ☐ Kalamata olives
- ☐ Pine nuts
- ☐ Salmon fillets (12 ounces)

Spring Greens, Pea, and Citrus Salad

- ☐ Orange (1)
- ☐ Mixed spring greens
- ☐ Frozen green peas
- ☐ Olive oil
- ☐ Sherry vinegar



HOISIN GRILLED FLANK STEAK WITH NOODLE SALAD

- ☐ Lemon (1)
- ☐ Carrots
- ☐ English cucumber (1 medium)
- ☐ Radishes
- ☐ Garlic
- ☐ Dark sesame oil
- ☐ Rice vinegar
- ☐ Lower-sodium soy sauce
- ☐ Hoisin sauce
- ☐ Sriracha
- ☐ Udon noodles
- ☐ Flank steak (1 pound)

Swiss Chard and Shiitake Sauté

- ☐ Swiss chard
- ☐ Shiitake mushroom caps (4 ounces)
- ☐ Canola oil
- ☐ Dark sesame oil
- ☐ Rice vinegar



SKILLET CHICKEN AND MOZZARELLA BAKE

- ☐ Tomato (1 large)
- ☐ Oregano
- ☐ Onion
- ☐ Garlic
- ☐ Olive oil
- ☐ Lower-sodium marinara sauce (such as Dell'Amore)
- ☐ Unsalted chicken stock (such as Swanson)
- ☐ Panko (Japanese breadcrumbs)
- ☐ Fresh mozzarella cheese (2 ounces)
- ☐ Parmesan cheese
- ☐ Unsalted butter
- ☐ Skinless, boneless chicken breast halves (1½ pounds)

Celery and Arugula Salad

- ☐ Lemon (1)
- ☐ Baby arugula
- ☐ Parsley
- ☐ Celery
- ☐ Olive oil
- ☐ Parmesan cheese



LAMB BURGERS WITH FETA-MINT SPREAD

- ☐ Lemon (1)
- ☐ Arugula
- ☐ Parsley
- ☐ Mint
- ☐ Onion
- ☐ Garlic
- ☐ Ground cumin
- ☐ Whole-wheat hamburger buns
- ☐ Plain fat-free Greek yogurt
- ☐ Reduced-fat feta cheese
- ☐ Lean ground lamb (8 ounces)
- ☐ 90% lean ground sirloin (8 ounces)

Grilled Asparagus

- ☐ Asparagus (1 pound)
- ☐ Olive oil

Give Salads their 15 Minutes of FAME.



WISCONSIN CHEESE

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GRILLED TURKEY, APPLE, AND CHEDDAR SANDWICHES

Cooking Light® Executive Chef, Anna Bullett, *suggests this wholesome and satisfying sandwich*





Yield: Serves 4
Serving size: 1 sandwich

INGREDIENTS

1/2 cup fresh flat-leaf parsley leaves

1 Granny Smith apple, grated (about 1 cup)

8 (1-ounce) slices multigrain bread

8 teaspoons mango chutney

4 (1-ounce) slices sharp cheddar cheese

4 ounces **Hillshire Farm® Naturals™ Hardwood Smoked Turkey Breast**

Cooking spray

PREPARATION

1. Combine parsley and apple in a bowl. Spread each of 4 bread slices with 2 teaspoons chutney. Top evenly with cheese, turkey, apple mixture, and remaining 4 bread slices. Coat sandwiches with cooking spray.

2. Heat a large skillet over medium heat. Coat pan with cooking spray. Add sandwiches to pan; cook 3 minutes or until browned. Turn sandwiches; cover and cook 2 minutes or until cheese melts.

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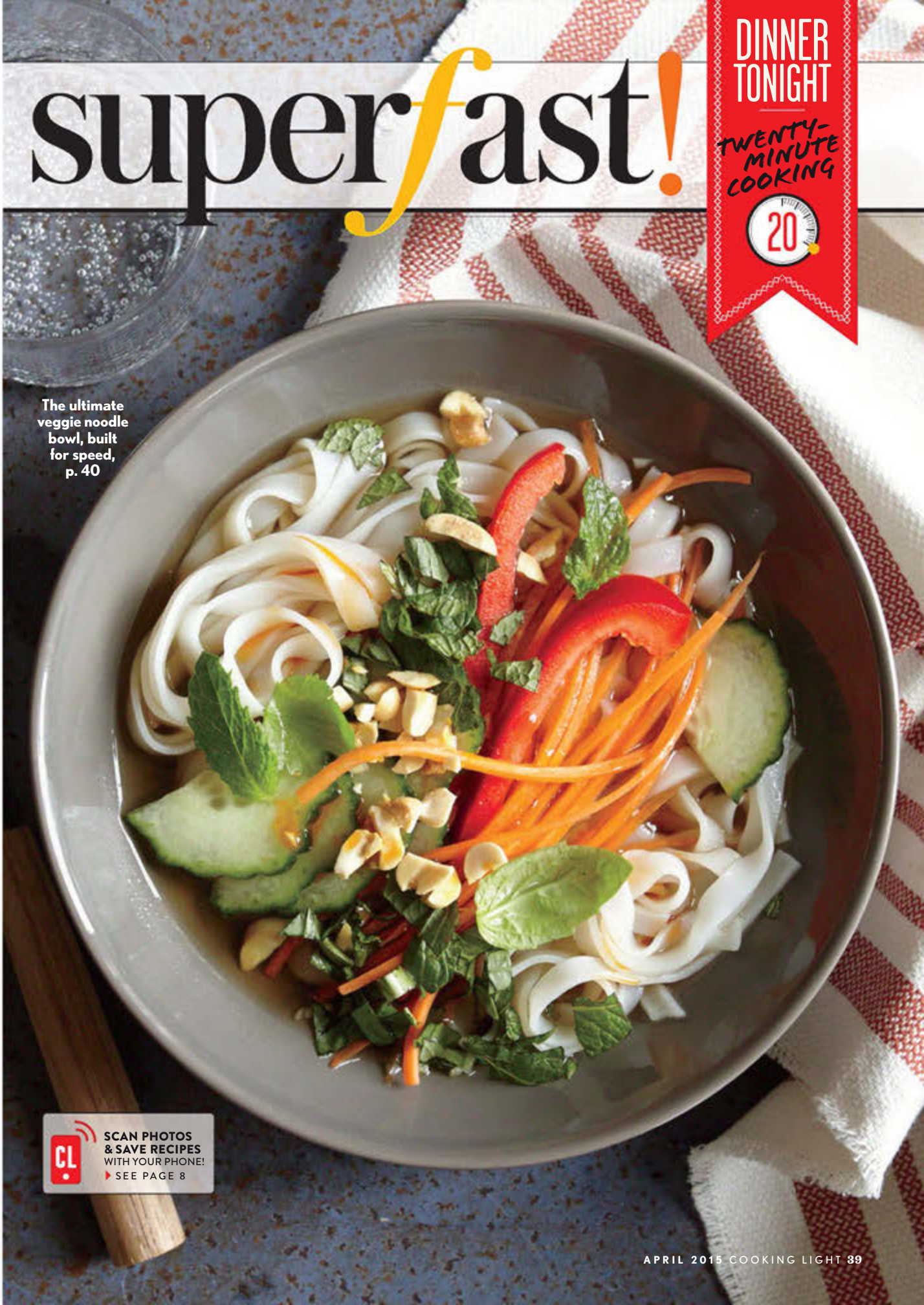
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superfast!

DINNER TONIGHT

TWENTY-MINUTE COOKING

20



The ultimate veggie noodle bowl, built for speed, p. 40

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 8

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

DINNER TONIGHT SUPERFAST!

20 MINUTES

FRESH THAI NOODLE BOWL

Our simple, speedy trick for creating deep and full-bodied flavor: infusing store-bought vegetable stock with sautéed fresh garlic and ginger.

- 1 (8-ounce) package rice vermicelli noodles
- 1 teaspoon canola oil
- 1 tablespoon minced peeled fresh ginger
- 4 garlic cloves, minced
- 3½ cups unsalted vegetable stock (such as Kitchen Basics)
- 2½ tablespoons lower-sodium soy sauce
- 1 cup matchstick-cut carrots
- 1 red bell pepper, thinly sliced
- 1 small English cucumber, halved lengthwise and thinly sliced
- 5 tablespoons chopped fresh mixed herbs (such as basil, mint, and cilantro)
- 6 tablespoons chopped unsalted, dry-roasted peanuts
- 2 teaspoons chili oil

1. Cook noodles according to package directions; drain.
2. Heat a medium saucepan over medium heat. Add oil to pan; swirl to coat. Add ginger and garlic; cook 1 minute, stirring constantly. Add stock and soy sauce; bring to a boil. Simmer 10 minutes.
3. Place carrots, bell pepper, and cucumber in a bowl; toss to combine. Divide noodles evenly among 4 serving bowls; top each serving with one-fourth of vegetable mixture. Pour about ¾ cup warm stock mixture into each bowl. Sprinkle evenly with herbs and peanuts; drizzle chili oil over top.

SERVES 4 *(serving size: 1 bowl)*
CALORIES 488; **FAT** 11.9g (sat 1.4g, mono 4.6g, poly 4.1g); **PROTEIN** 14g; **CARB** 79g; **FIBER** 6g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 637mg; **CALC** 48mg



pork chops
with fennel, orange, and olive salad

Tangy, salty, and sweet, this colorful fennel salad is a natural match for succulent pork. It's also a great side dish for seared fish.

- 4 (6-ounce) bone-in center-cut pork chops
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 2 navel oranges
- 2 teaspoons honey
- 2 teaspoons white wine vinegar
- 2 cups thinly sliced fennel bulb (about 1 large)
- ¼ cup fennel fronds
- ⅓ cup sliced pitted kalamata olives

1. Sprinkle pork chops with ½ teaspoon salt and ¼ teaspoon pepper.
2. Heat a large skillet over medium-high heat. Add 1½ teaspoons oil to pan; swirl. Add pork; cook 3 minutes on each side or until done. Let stand 5 minutes.
3. Peel and section oranges over a large bowl, reserving juice; add segments to bowl. Add remaining 1½ tablespoons olive oil, honey, vinegar, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper to bowl. Add fennel, fronds, and olives; toss gently to combine. Serve pork with salad.

SERVES 4 *(serving size: 1 pork chop and about ½ cup salad)*
CALORIES 446; **FAT** 21.2g (sat 4.8g, mono 10.9g, poly 2.3g); **PROTEIN** 47g; **CARB** 16g; **FIBER** 3g; **CHOL** 143mg; **IRON** 2mg; **SODIUM** 597mg; **CALC** 98mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.


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DINNER TONIGHT SUPERFAST!

20 MINUTES

beef flatbread tacos

with cucumber and yogurt sauce

Ground lamb would be equally delicious in these fun gyro-inspired tacos. If you can't find the flatbreads we call for, you can use corn tortillas instead.

- 1 (6-ounce) container plain 2% reduced-fat Greek yogurt
- 1 tablespoon olive oil
- ¾ teaspoon black pepper, divided
- ¼ teaspoon kosher salt, divided
- 4 multigrain flatbreads (such as Foldit 5-grain Flax)
- 1 English cucumber
- 12 ounces 90% lean ground beef
- 1 (14.5-ounce) can unsalted Italian-style diced tomatoes

1. Preheat broiler to high.
2. Combine yogurt, olive oil, ¼ teaspoon pepper, and ⅛ teaspoon salt.
3. Cut each flatbread in half at the fold. Broil 1 minute or until toasted, turning after 30 seconds.
4. Cut cucumber in half lengthwise. Place cut side down, and cut into ¼-inch slices.
5. Heat a nonstick skillet over medium-high heat. Add ground beef to pan, stirring to crumble. Add tomatoes to pan; cook 6 minutes. Stir in remaining ½ teaspoon pepper and remaining ⅛ teaspoon salt.
6. Spread 1 tablespoon yogurt mixture on each flatbread half; divide beef mixture evenly among flatbreads. Top evenly with cucumber slices and remaining yogurt mixture.

SERVES 4 *(serving size: 2 tacos)*
CALORIES 378; **FAT** 14.8g (sat 4.5g, mono 6.2g, poly 0.7g); **PROTEIN** 30g; **CARB** 32g; **FIBER** 4g; **CHOL** 58mg; **IRON** 4mg; **SODIUM** 583mg; **CALC** 103mg





SWORDFISH WITH RED PEPPER SAUCE AND POTATOES

What an impressive dish for just a handful of ingredients! For a budget-friendly swap, try this recipe with mahimahi.

- 4 (6-ounce) swordfish steaks
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- ¾ pound new potatoes (about 12)
- 1 cup bottled roasted red bell peppers, rinsed and drained
- 3 tablespoons slivered almonds
- 7 teaspoons olive oil, divided
- 1 small garlic clove, crushed
- Chopped flat-leaf parsley (optional)

1. Rinse swordfish; pat dry with paper towels. Sprinkle with ½ teaspoon salt and ¼ teaspoon pepper.
2. Cut potatoes in half lengthwise. Place a vegetable steamer in a large saucepan filled one-third full with water; bring to a boil. Add potatoes; cover and steam for 12 minutes.
3. Place bell peppers, almonds, 2 tablespoons olive oil, and garlic in the bowl of a food processor; process until smooth. Add remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper; pulse to combine.
4. Heat 1 teaspoon oil in a skillet over medium-high heat. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with potatoes and sauce. Garnish with parsley, if desired.

SERVES 4 *(serving size: 1 steak, ½ cup potatoes, and about 3 tablespoons sauce)*
CALORIES 411; **FAT** 21.8g (sat 4g, mono 12.4g, poly 3.5g); **PROTEIN** 36g; **CARB** 16g; **FIBER** 2g; **CHOL** 112mg; **IRON** 2mg; **SODIUM** 614mg; **CALC** 33mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

SIMPLY ELEGANT!

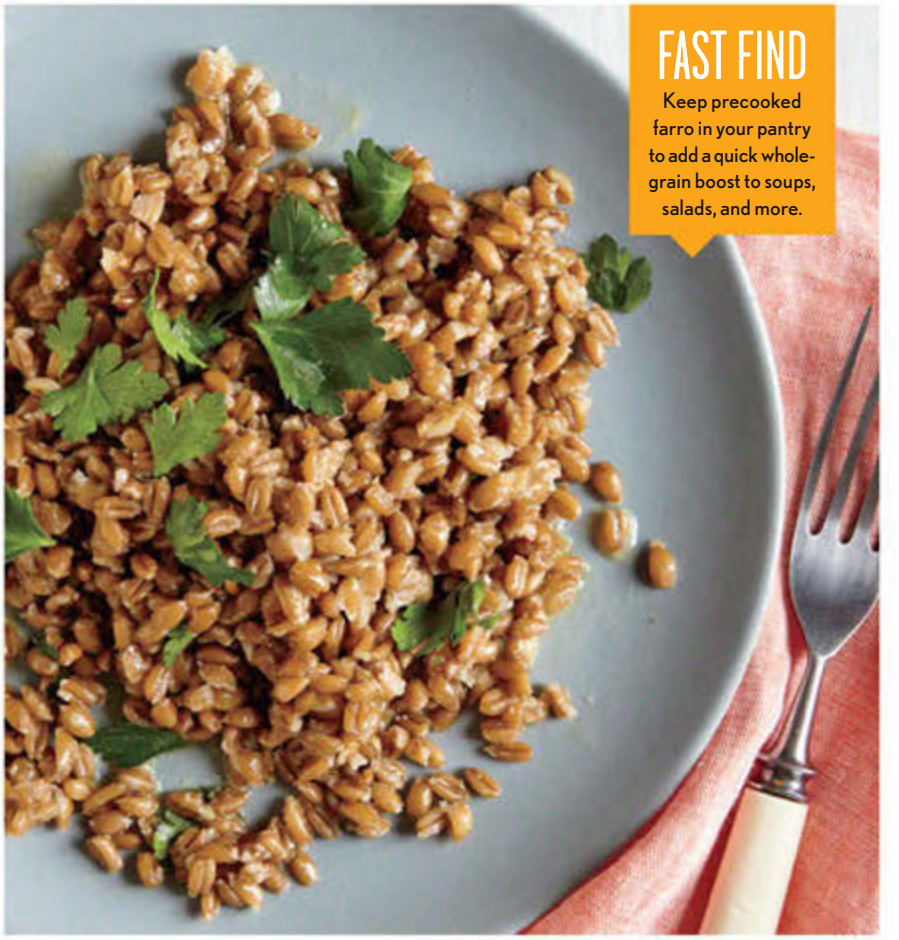
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FAST FIND
Keep precooked farro in your pantry to add a quick whole-grain boost to soups, salads, and more.

1
QUICK FARRO SALAD

- 2 (8.5-ounce) packages precooked farro
- 2½ tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 tablespoons chopped fresh flat-leaf parsley

1. Prepare farro according to package directions.
2. Combine oil, vinegar, mustard, salt, and pepper in a bowl, stirring well. Add farro and parsley; toss.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 239; **FAT** 9.3g (sat 1.2g, mono 6.2g, poly 0.9g); **PROTEIN** 4g; **CARB** 36g; **FIBER** 3g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 289mg; **CALC** 25mg

2
FARRO TABBOULEH SALAD

Prepare 1 (8.5-ounce) package precooked farro according to package directions. **Combine** 3 tablespoons extra-virgin olive oil, 2 tablespoons red wine vinegar, 1 teaspoon Dijon mustard, ½ teaspoon kosher salt, and ¼ teaspoon freshly ground black pepper in a medium bowl, stirring with a whisk. **Add** farro, ½ cup chopped green onions, ½ cup seeded diced tomato, ¼ cup diced peeled cucumber, ¼ cup chopped fresh mint, and 2 tablespoons chopped fresh flat-leaf parsley to dressing in bowl; **toss** gently to combine.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 156; **FAT** 10.8g (sat 1.4g); **SODIUM** 275mg

3
FARRO SALAD WITH BASIL AND CORN

Prepare 1 (8.5-ounce) package precooked farro according to package directions. **Combine** 2 tablespoons extra-virgin olive oil, 2 tablespoons sherry vinegar, 1 teaspoon Dijon mustard, ½ teaspoon kosher salt, and ¼ teaspoon freshly ground black pepper in a bowl, stirring with a whisk. **Heat** a skillet over medium-high heat; **add** 1½ teaspoons olive oil. **Add** 2 cups fresh corn kernels to pan; **cook** 2 minutes. **Add** farro, corn, and ¼ cup chopped fresh basil to dressing; **toss** to combine.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 204; **FAT** 9.6g (sat 1.3g); **SODIUM** 286mg

4
FARRO SALAD WITH GREEN BEANS, RADISHES, AND FETA

Prepare 1 (8.5-ounce) package precooked farro according to package directions. **Combine** 2 tablespoons extra-virgin olive oil, 2 tablespoons white balsamic vinegar, 1 teaspoon Dijon mustard, ¼ teaspoon kosher salt, and ¼ teaspoon black pepper in a bowl, stirring well. **Bring** 6 cups water to a boil in a saucepan. **Add** 1½ cups green beans, cut into 1-inch pieces; **cook** 2 minutes. **Drain. Add** farro, beans, ½ cup sliced radishes, and ¼ cup crumbled feta to dressing; **toss** to combine.

SERVES 4 *(serving size: about ¾ cup)*
CALORIES 187; **FAT** 9.3g (sat 2.4g); **SODIUM** 273mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~
~~2 tbsps. butter, divided~~
~~2 cloves garlic, minced, divided~~
~~2 tbsps. chopped flat-leaf parsley~~
~~1 1/2 tsps. Italian seasoning~~
~~1/2 onion, diced~~
~~1 1/2 tsps. salt~~
~~1/2 tsp. ground white pepper~~
8 oz. pasta, cooked, drained
2 cups heavy cream
2 tsp. Cajun seasoning
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. ~~Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.

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DINNER TONIGHT SUPERFAST!

20 MINUTES

green pea and asparagus soup

with poached eggs and toast

Light, lovely, and lush, this egg-topped soup is all you need for a well-rounded spring supper.

- 1½ teaspoons unsalted butter
- 2 leeks, white part only, trimmed and thinly sliced
- 4 cups unsalted chicken stock
- 1 teaspoon chopped fresh thyme
- ⅝ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 cups frozen green peas
- 1 pound fresh asparagus, trimmed and coarsely chopped
- ¼ cup chopped fresh flat-leaf parsley, divided
- 1 tablespoon white vinegar
- 4 large eggs
- 2 teaspoons extra-virgin olive oil
- 4 (½-ounce) pieces crusty multigrain bread, toasted

1. Melt butter in a large saucepan over medium heat. Add leeks; cook 4 minutes, stirring occasionally. Add stock, thyme, salt, and pepper; bring to a simmer. Add peas and asparagus; cover and cook 3 minutes. Place pea mixture and 3½ tablespoons parsley in a blender. Remove center piece of lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in lid. Blend until smooth.

2. While soup simmers, add water to a skillet, filling two-thirds full; bring to a boil. Reduce heat; stir in vinegar. Break each egg into a custard cup. Gently pour eggs into pan; cook 3 minutes. Remove eggs with a slotted spoon; place on a paper towel–lined plate.

3. Divide soup among 4 bowls. Place 1 egg in each bowl; drizzle evenly with oil. Sprinkle with remaining 1½ teaspoons parsley. Serve with toast.

SERVES 4 *(serving size: about 1½ cups soup, 1 egg, and 1 toast)* **CALORIES** 267; **FAT** 9.5g (sat 2.9g, mono 3.9g, poly 1.8g); **PROTEIN** 20g; **CARB** 28g; **FIBER** 7g; **CHOL** 190mg; **IRON** 6mg; **SODIUM** 639mg; **CALC** 167mg



SUPERFAST ONLINE **Find dinnertime inspiration at CookingLight.com/Superfast.** Browse our full collection of 20-minute recipes—from soups and chicken dinners to snacks and desserts—that will suit your quick-cooking needs.

Sausage ~~CHICKEN~~ ALFREDO

15 minutes

COOK TIME: ~~1 HOUR~~

1 pkg. Hillshire Farm® Smoked Sausage
~~3 chicken breast halves, cubed~~
~~2 tbsps. butter, divided~~
~~2 cloves garlic, minced, divided~~
~~2 tbsps. chopped flat-leaf parsley~~
~~1 1/2 tsps. Italian seasoning~~
~~1/2 onion, diced~~
~~1 1/2 tsps. salt~~
~~1/2 tsp. ground white pepper~~
8 oz. pasta, cooked, drained
2 cups heavy cream
2 tsp. Cajun seasoning
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. ~~Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley, cook until onions are transparent.~~

3. Add ~~garlic cloves,~~ cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



Since 1934 Hillshire Farm®

GRILLED CHICKEN SALAD WITH ORANGE VINAIGRETTE

This crisp salad base makes a great bed for a variety of proteins—try it with salmon.

- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 3/8 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon grated orange rind
- 2 tablespoons orange juice
- 2 tablespoons light sesame oil
- 1 tablespoon rice vinegar
- 1/2 teaspoon Dijon mustard
- 1 head Bibb lettuce, torn
- 1 1/2 cups cherry tomatoes, halved
- 1 cup diagonally cut celery
- 1/3 cup unsalted, dry-roasted cashew halves

1. Heat a grill pan over medium-high heat. Lightly coat chicken with cooking spray. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Add chicken to pan; cook 8 minutes, turning once. Remove from pan; let stand 5 minutes. Thinly slice chicken across the grain.

2. While chicken cooks, combine remaining 1/8 teaspoon salt, remaining 1/4 teaspoon pepper, orange rind, and next 4 ingredients in a bowl; stir. Reserve 1 tablespoon vinaigrette.

3. Place lettuce and remaining ingredients in a bowl. Add vinaigrette; toss to coat. Divide salad among 4 plates; top with chicken. Drizzle with reserved vinaigrette.



SERVES 4 *(serving size: 1 chicken breast, 2 tablespoons vinaigrette, and 1 1/4 cups salad)* **CALORIES** 345; **FAT** 16.8g (sat 3g, mono 7.2g, poly 4.5g); **PROTEIN** 39g; **CARB** 9g; **FIBER** 2g; **CHOL** 109mg; **IRON** 2mg; **SODIUM** 457mg; **CALC** 46mg

—Recipes by Michelle Klug, Kate Parham Kordsmeier, Christine Burns Rudalevige, Vanessa Seder, and Deb Wise

PHOTOGRAPHY: RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY AND BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN



Made with fresh Simply Potatoes and a little Southwestern kick.
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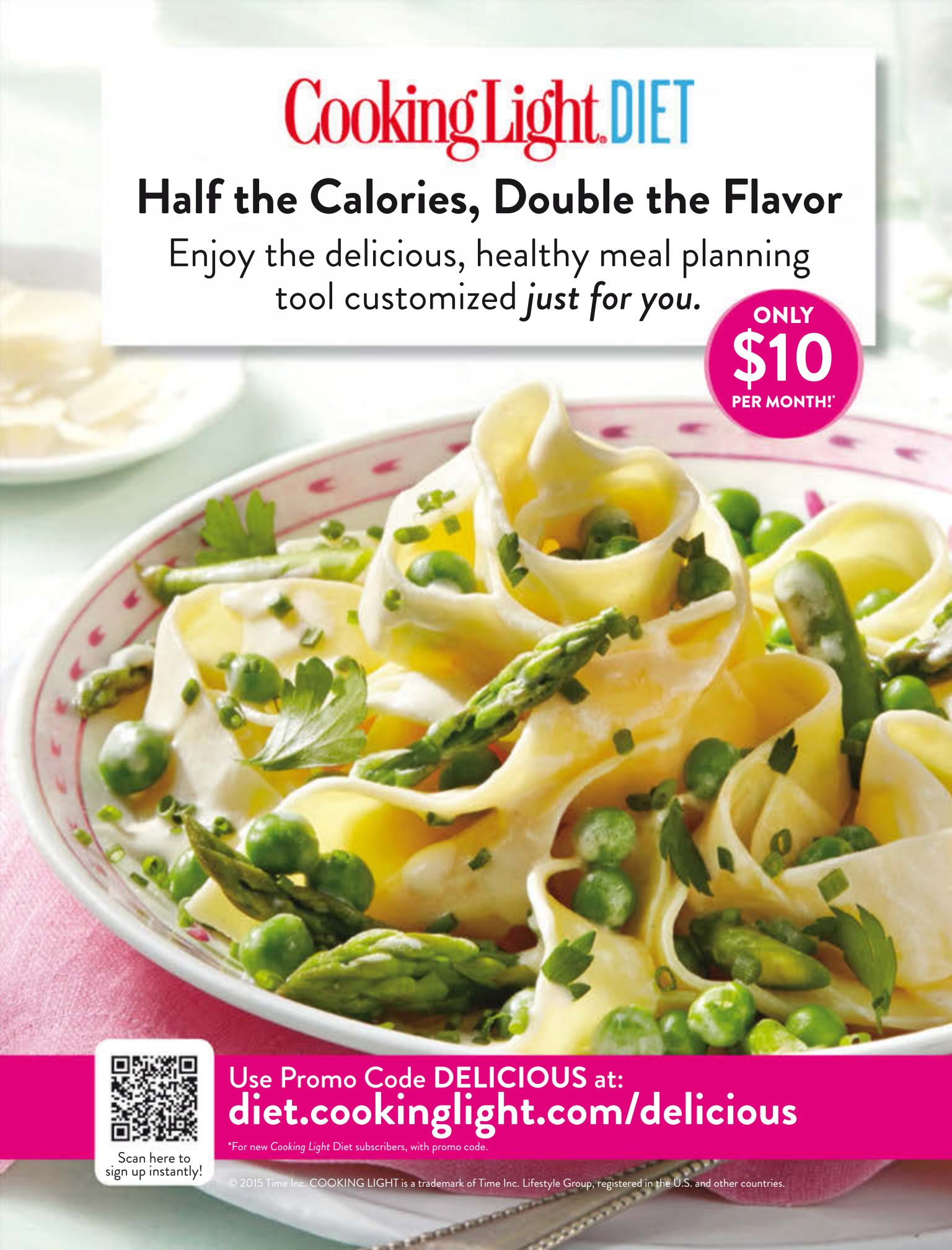
Fresh from the dairy case

Simply Potatoes® Cowboy Hash

- 1/2 pound ground beef (or turkey, or breakfast sausage, or chorizo)
- 1 bag Simply Potatoes® (diced with onion or hashbrowns)
- 1 (4 oz.) can diced green chiles
- 1/2 teaspoon garlic powder
- 1 teaspoon chili powder
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups coarsely chopped spinach
- 2 teaspoons olive oil
- 3-5 eggs
- 1 tomato, chopped
- 2 green onions, chopped
- 3/4 cup shredded Cheddar cheese

Heat large skillet over med-high heat and brown ground beef. When fully cooked, add potatoes, chiles and spices. Cook 10 minutes or until potatoes are tender, stirring occasionally. Add spinach and cook 1-2 minutes or until spinach is wilted. Remove from skillet. Add olive oil to skillet and, once it is hot, add eggs. Fry until whites are set. Top the hash with cheese, tomato and green onion, and top each serving with a fried egg.

Recipe courtesy of MaybeMatilda.com


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DINNER TONIGHT
EVERYDAY VEGETARIAN

Two-Cheese Frittata

Gruyère and Parmesan add all kinds of cheesy goodness to this veggie-packed main.



MAKE IT AHEAD
One of the best things about this frittata is that it's also delicious served cold or at room temperature.

SWISS CHARD AND ONION FRITTATA

Hands-on: 35 min.
Total: 35 min.

Go ahead and use the tender chard stems; just dice them and cook with the leaves. Serve with a simple side salad for a lovely low-calorie dinner.

- 4 teaspoons olive oil, divided
- 1 cup thinly sliced onion
- 4 cups trimmed and thinly sliced Swiss chard
- ½ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh flat-leaf parsley
- 4 tablespoons small fresh basil leaves, divided
- 1 teaspoon minced garlic
- 4 large eggs, lightly beaten
- 1.5 ounces Gruyère cheese, shredded and divided (about ⅓ cup)
- 2 tablespoons grated vegetarian Parmesan cheese

1. Heat a 10-inch ovenproof nonstick skillet over medium-low heat. Add 2 teaspoons olive oil to pan; swirl to coat. Add thinly sliced onion; cook 12 minutes or until onion is tender, stirring occasionally. Add chard; cook 10 minutes or until chard is tender, stirring occasionally. Sprinkle with ¼ teaspoon salt and black pepper.

2. Combine parsley, 2 tablespoons basil, garlic, eggs, and remaining ¼ teaspoon salt, stirring with a whisk. Add chard mixture to egg mixture. Stir in 1 ounce Gruyère cheese.

3. Preheat broiler to high.

4. Wipe pan clean with a paper towel. Return pan to medium-high heat. Add remaining 2 teaspoons oil to pan; swirl to coat. Add egg mixture to pan; cook 30 seconds. Reduce heat to low; cook, without stirring, for 4 minutes or until eggs are partially cooked. Sprinkle egg mixture with Parmesan cheese and remaining 0.5 ounce Gruyère cheese.

5. Place pan under broiler. Broil 1 minute or until eggs are thoroughly cooked and cheese is browned. Remove pan from oven. Run a silicone spatula around edge and under frittata to loosen from pan; slide frittata onto a plate or cutting board. Sprinkle with remaining 2 tablespoons basil. Cut frittata into 4 wedges.

SERVES 4 *(serving size: 1 wedge)*
CALORIES 191; **FAT** 13.6g (sat 4.7g, mono 6.4g, poly 1.7g); **PROTEIN** 12g; **CARB** 6g; **FIBER** 2g; **CHOL** 200mg; **IRON** 2mg; **SODIUM** 508mg; **CALC** 208mg

—Recipe by Deborah Madison

PHOTOGRAPHY: BRIAN KENNEDY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

DINNER TONIGHT SLOW COOKER

Saucy, Smoky, Slow-Simmered Chicken

Our easy mole keeps all the rich, toasty flavor of the classic and ditches the lengthy prep.



SLOW COOKER CHICKEN MOLE

Hands-on: 8 min.
Total: 8 hr. 8 min.

Serve the whole leg quarters over brown basmati rice, or shred the chicken off the bone and layer onto corn tortillas (as shown) with cilantro, radishes, and a squeeze of lime for family taco night.

- 4 skinless, bone-in chicken leg-thigh quarters (about 4 pounds)
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup water
- ¼ cup smoked almonds
- ¼ cup raisins
- 2 tablespoons unsweetened cocoa
- 1 tablespoon ground cumin
- 2 tablespoons tomato paste
- 2 chipotle chiles, canned in adobo sauce
- 1 tablespoon adobo sauce
- 1 teaspoon ground cinnamon
- 4 garlic cloves, crushed
- 1 small sweet onion, chopped

1. Sprinkle chicken with salt and pepper. Place in a 5- to 6-quart slow cooker.
2. Place ¼ cup water and remaining ingredients in a food processor; process until smooth. Spread mixture over chicken. Cover and cook on LOW for 8 hours or until chicken is tender.

SERVES 4 *(serving size: 1 chicken quarter and about ⅓ cup sauce)*
CALORIES 370; **FAT** 14.5g (sat 2.7g, mono 6.1g, poly 2.9g); **PROTEIN** 40g; **CARB** 22g; **FIBER** 6g; **CHOL** 192mg; **IRON** 3mg; **SODIUM** 546mg; **CALC** 61mg

—Recipe by Jackie Plant

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

DINNER TONIGHT
KIDS IN THE KITCHEN

Whip Up Easy Macaroons

Billowy, soft peaks of beaten egg whites are the key to these light and airy cookies.



Moisture will damage the chewy-crisp texture of macaroons. Cool completely, and then store them in an airtight container.

Kids can do this and then spoon the mixture into the egg whites while you mix.

CHOCOLATE-COCONUT MACAROONS

Hands-on: 15 min.
Total: 37 min.

To ensure that egg white peaks form, use a clean, dry bowl and beaters.

- ¾ cup powdered sugar
- ½ cup granulated sugar
- 3 tablespoons cake flour
- 3 tablespoons unsweetened cocoa
- 4 large egg whites
- 1 teaspoon vanilla extract
- 2 cups flaked sweetened coconut

1. Preheat oven to 325°. Line 2 baking sheets with parchment paper.
2. Sift together sugars, cake flour, and cocoa in a large bowl.
3. Beat egg whites with a mixer at high speed 1 minute or until soft peaks form. Reduce mixer speed to low, add vanilla, and slowly spoon in sugar mixture. Gently fold in coconut, 1 cup at a time.
4. Drop batter by heaping tablespoonfuls onto prepared pans about 1 inch apart. Bake at 325° for 22 minutes. Cool completely on pan.

SERVES 20
(serving size: 2 macaroons)
CALORIES 86; **FAT** 2.5g (sat 2.3g, mono 0.2g, poly 0g); **PROTEIN** 1g; **CARB** 15g; **FIBER** 1g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 36mg; **CALC** 3mg



Recipe adapted from We ❤ Cooking: Totally Tasty Food for Kids *by Lilly and Audrey Andrews—a collaboration with* Cooking Light.

KID-TESTED EGG SEPARATION



1 CRACK fresh eggs into a dish. (Older whites and yolks are less firm and more likely to break when handled.)



2 Use your hands to gently **SCOOP** up and remove each yolk, straining whites through your fingers back into the dish.



3 PLACE the yolks in a separate dish.

PHOTOGRAPHY: JENNIFER CAUSEY AND (BOOK) IAIN BAGWELL; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: CLAIRE SPOLLEN

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



Lunchables with Smoothie Kabobbles™ lets them mix up their favorite foods

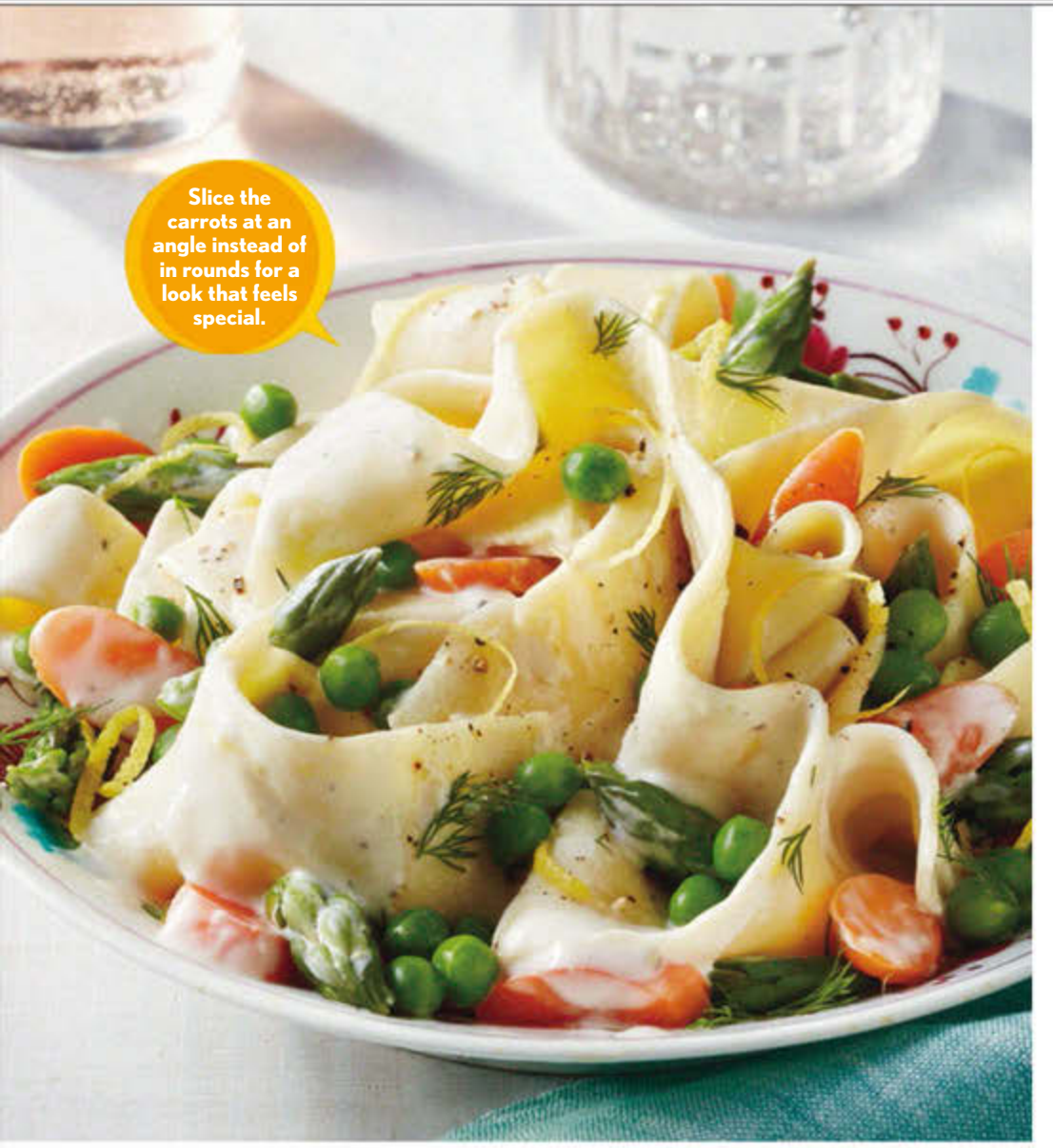
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DINNER TONIGHT

IN SEASON

Sweet Baby Carrots

Celebrate these slender young root veggies in a spring entrée where their tenderness shines.



SPRING VEGGIE PASTA

Hands-on: 18 min. Total: 18 min.

If peas and carrots bring back memories of that dreaded cafeteria side dish, this simple, fresh pasta will change your mind. Any soft herb (chervil, chives, mint, parsley) would be perfect for this delicate dish. Use a zester to get long curls of lemon rind, or grate with a Microplane grater.

- 2 teaspoons butter
- 5 ounces thinly diagonally sliced baby carrots (about 1 cup)
- 1 cup unsalted chicken stock (such as Swanson)
- ¾ teaspoon kosher salt, divided
- 1 cup fresh asparagus tips
- ½ cup frozen petite green peas, thawed
- 2 teaspoons finely shredded lemon rind, divided
- 5 ounces ⅓-less-fat cream cheese
- ¼ teaspoon freshly ground black pepper
- 10 ounces fresh lasagna noodles, cut into ½-inch-wide strips
- ¼ cup chopped fresh dill, mint, or parsley

1. Heat butter in a large skillet over medium-high heat; swirl until foamy. Add carrots; sauté 1 minute. Add chicken stock and ½ teaspoon salt; simmer 4 minutes. Add asparagus, peas, and 1 teaspoon lemon rind; simmer 3 minutes or until liquid is reduced to ½ cup and vegetables are crisp-tender. Reduce heat to medium-low. Add remaining ¼ teaspoon salt, cream cheese, and pepper to vegetable mixture, stirring with a whisk until smooth.

2. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving ½ cup pasta cooking liquid.

3. Add noodles to vegetable mixture; toss to coat. Stir in ¼ cup cooking liquid; add additional cooking liquid as needed to thin sauce. Sprinkle remaining 1 teaspoon rind and dill over pasta mixture. Divide pasta mixture into 4 shallow bowls. Serve immediately.

SERVES 4 *(serving size: 1½ cups)*
CALORIES 351; **FAT** 11.8g (sat 6g, mono 2.8g, poly 1.2g); **PROTEIN** 14g; **CARB** 47g; **FIBER** 5g; **CHOL** 83mg; **IRON** 4mg; **SODIUM** 587mg; **CALC** 83mg

–Recipe by Robin Bashinsky

PHOTOGRAPHY: CHRISTOPHER TESTANI; FOOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: ALISTAIR TURNBULL

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

weekend warrior

DINNER TONIGHT

GET-AHEAD COOKING

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE!
SEE PAGE 8



Grilled Pork Tenderloin with Orange-Sesame Asparagus and Rice, page 60

COOK ONCE, EAT 3X

This recipe yields enough grilled pork for three meals. Cook once and enjoy fast, Asian-inspired meals during the week.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

GRILLED PORK TENDERLOIN WITH ORANGE-SESAME ASPARAGUS AND RICE

Hands-on: 30 min. Total: 55 min.

- 2 (1-pound) pork tenderloins, trimmed
- 2 tablespoons canola oil
- 2 tablespoons maple syrup
- 1 tablespoon brown sugar
- 5 teaspoons lower-sodium soy sauce, divided
- 2 teaspoons **fish sauce**
- 1 teaspoon grated peeled fresh ginger
- Cooking spray
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper
- 1½ pounds asparagus, trimmed
- 2 tablespoons fresh orange juice
- 4 teaspoons dark sesame oil, divided
- 2 teaspoons honey
- Dash of crushed red pepper
- ½ teaspoon grated orange rind
- 1 teaspoon toasted sesame seeds
- 2 cups hot cooked brown rice
- ½ cup chopped green onions
- ¼ cup chopped toasted peanuts

Find more uses on p. 172.

1. Cut each tenderloin crosswise into 12 even slices. Gently pound each slice to ½-inch thickness with a meat mallet or small heavy skillet. Combine canola oil, syrup, sugar, 2 teaspoons soy sauce, fish sauce, and ginger in a large zip-top plastic bag. Add pork to bag; seal. Refrigerate 30 minutes.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle pork evenly with ¼ teaspoon salt and black pepper. Add 8 pork slices to pan; grill 90 seconds on each side. Remove pork from pan. Repeat procedure twice with remaining pork. Reserve 16 pork slices.

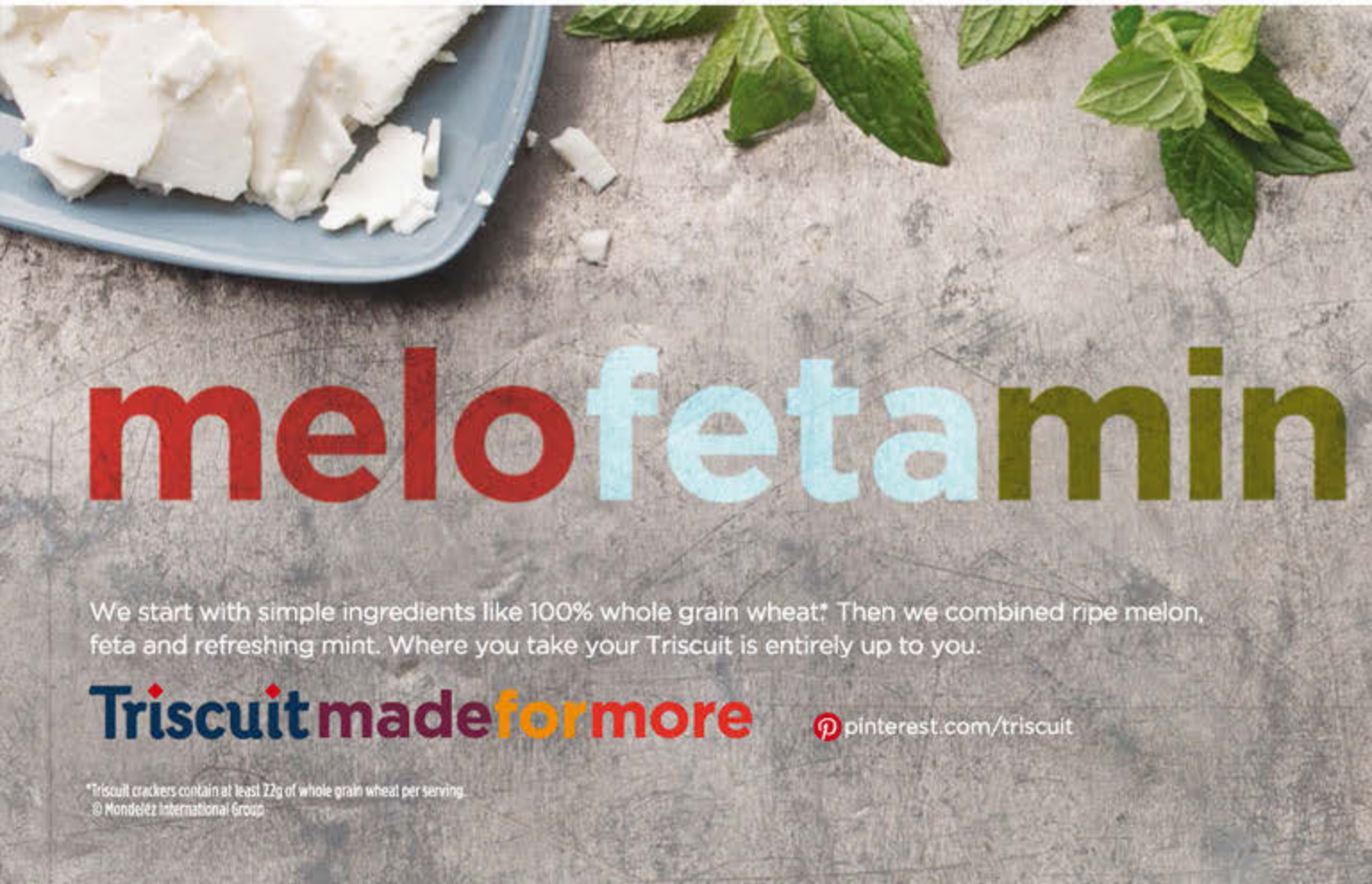
3. Return pan to medium-high heat. Coat asparagus with cooking spray. Add half of asparagus to pan; grill 3 minutes or until crisp-tender, turning occasionally. Place asparagus in a bowl. Repeat procedure with remaining asparagus. Combine remaining 1 tablespoon soy sauce, orange juice, 2 teaspoons sesame oil, honey, and crushed red pepper in a microwave-safe bowl. Microwave at HIGH 2 minutes or until slightly thickened. Add juice mixture, ¼ teaspoon salt, and rind to asparagus; toss. Sprinkle with sesame seeds.

4. Combine remaining 2 teaspoons sesame oil, remaining ¼ teaspoon salt, rice, green onions, and peanuts in a medium bowl. Serve with remaining 8 pork slices and asparagus mixture.

SERVES 4 *(serving size: about 2 ounces pork, about ¾ cup asparagus, and ½ cup rice)*

CALORIES 445; **FAT** 15.2g (sat 2.4g, mono 6.8g, poly 5g); **PROTEIN** 26g; **CARB** 53g; **FIBER** 8g; **CHOL** 49mg; **IRON** 6mg; **SODIUM** 620mg; **CALC** 90mg

—Recipes by Hannah Klinger





2

SOBA NOODLE SALAD WITH PORK, SNAP PEAS, AND RADISHES

Cook 6 ounces soba noodles according to package directions. **Add** 1½ cups diagonally sliced sugar snap peas during last 1 minute of cooking. **Drain**; rinse with cold water. **Drain. Combine** 2½ tablespoons fresh lime juice, 1 tablespoon lower-sodium soy sauce, 2 teaspoons dark sesame oil, ½ teaspoon sambal oelek, and ¼ teaspoon kosher salt in a large bowl. **Add** noodle mixture, ½ cup thinly sliced radishes, ¼ cup chopped fresh mint, and 8 chopped pork slices; **toss** gently to combine.

SERVES 4 *(serving size: 1¼ cups)*
CALORIES 199; **FAT** 6.4g (sat 1g); **SODIUM** 529mg

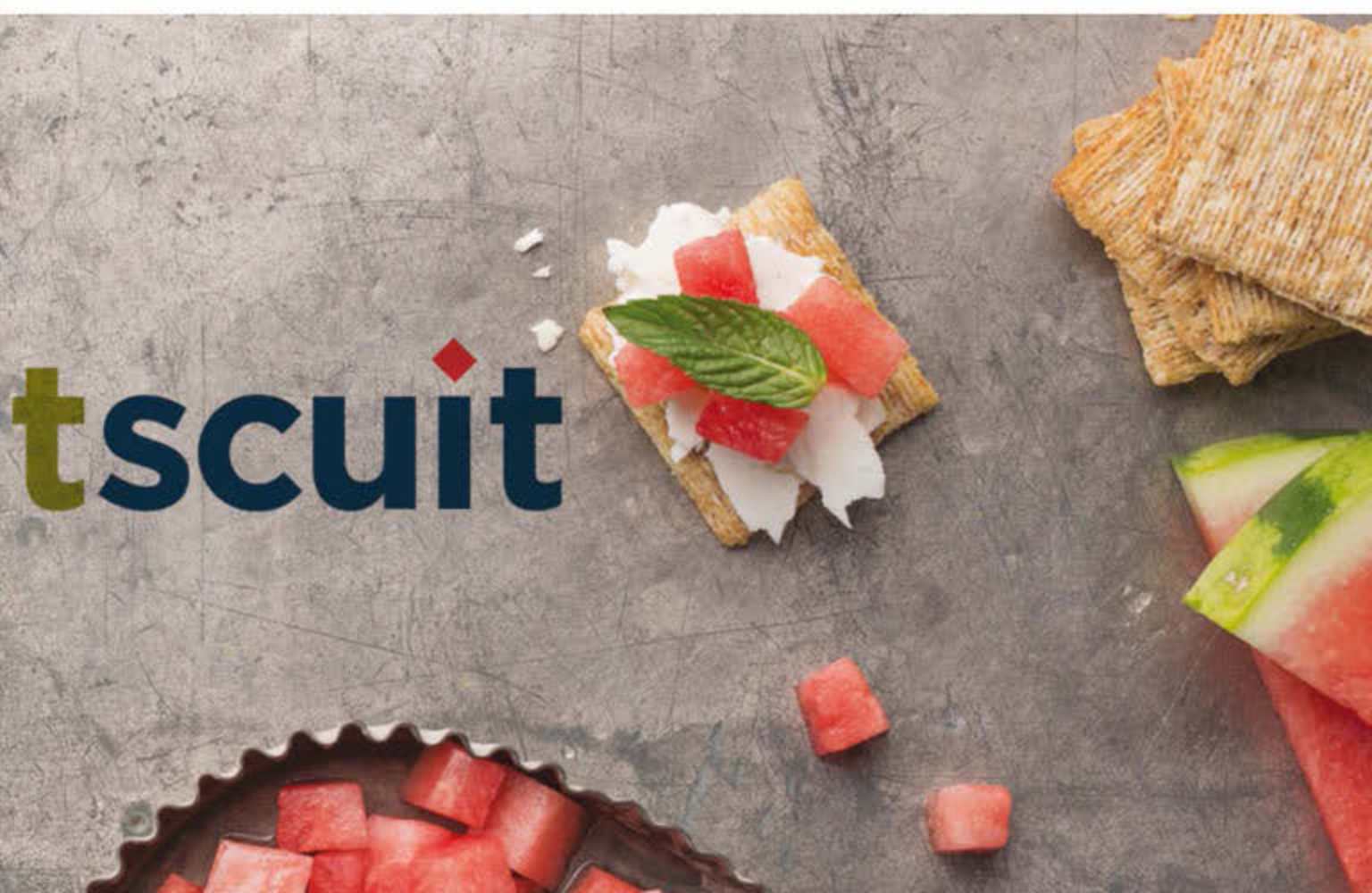


3

PORK SANDWICHES WITH PICKLED SLAW

Bring ¼ cup rice vinegar, ¼ cup water, and 1 tablespoon sugar to a boil in a small saucepan. **Add** 3 cups shredded napa cabbage and ½ cup matchstick-cut carrots; **let stand** 30 minutes. **Stir in** ¼ cup chopped cilantro and 1 small seeded red chile, thinly sliced. **Microwave** 8 pork slices at HIGH for 90 seconds. **Cut** 1 (12-ounce) French bread loaf in half lengthwise. **Hollow out** top and bottom halves, leaving a 1-inch-thick shell. **Top** bottom half of bread with ¼ cup canola mayonnaise, pork, cabbage mixture, and top half of bread. **Cut** into 4 sandwiches.

SERVES 4 *(serving size: 1 sandwich)*
CALORIES 395; **FAT** 9.2g (sat 1.1g); **SODIUM** 721mg



DINNER TONIGHT
WEEKEND WARRIOR

FREEZE IT!

French Onion Soup

Our slow cooker recipe freezes beautifully, making life easier in more ways than one.



The slow cooker does all the work here, bringing out the onions' mellow sweetness and velvety texture. Serve a big crowd tonight, or freeze half of the soup for a comforting weeknight supper.

HOW-TO



FREEZE
Cool soup completely. Ladle into a large zip-top plastic freezer bag. Place bag in a medium bowl; freeze.



THAW
Place zip-top bag in a large saucepan filled with water; heat 30 minutes over medium heat until thawed.



REHEAT
Pour soup into saucepan. Bring to a simmer over medium heat; simmer 10 minutes. Ladle into ramekins, top with bread and cheese, and broil.

SLOW COOKER FRENCH ONION SOUP

Hands-on: 30 min. Total: 9 hr.

The slow cooker completely eliminates the stirring part of caramelizing onions; it all goes happily unattended. Freeze the bag of soup in a bowl rather than laying it flat, so it will fit in the saucepan when it's time to thaw.

- ¼ cup unsalted butter
- 6 thyme sprigs
- 1 bay leaf
- 5 pounds large sweet onions, vertically sliced (about 16 cups)
- 1 tablespoon sugar
- 6 cups unsalted beef stock (such as Swanson)
- 2 tablespoons red wine vinegar
- 1½ teaspoons kosher salt
- 1 teaspoon black pepper
- 24 (½-ounce) slices whole-grain French bread baguette
- 5 ounces Gruyère cheese, shredded (about 1¼ cups)

1. Place butter, thyme, and bay leaf in the bottom of a 6-quart electric slow cooker. Add onions; sprinkle with sugar. Cover and cook on HIGH for 8 hours.

2. Remove thyme and bay leaf; discard. Add stock, vinegar, salt, and pepper; cook, covered, on HIGH for 30 minutes.

3. Preheat broiler to high.

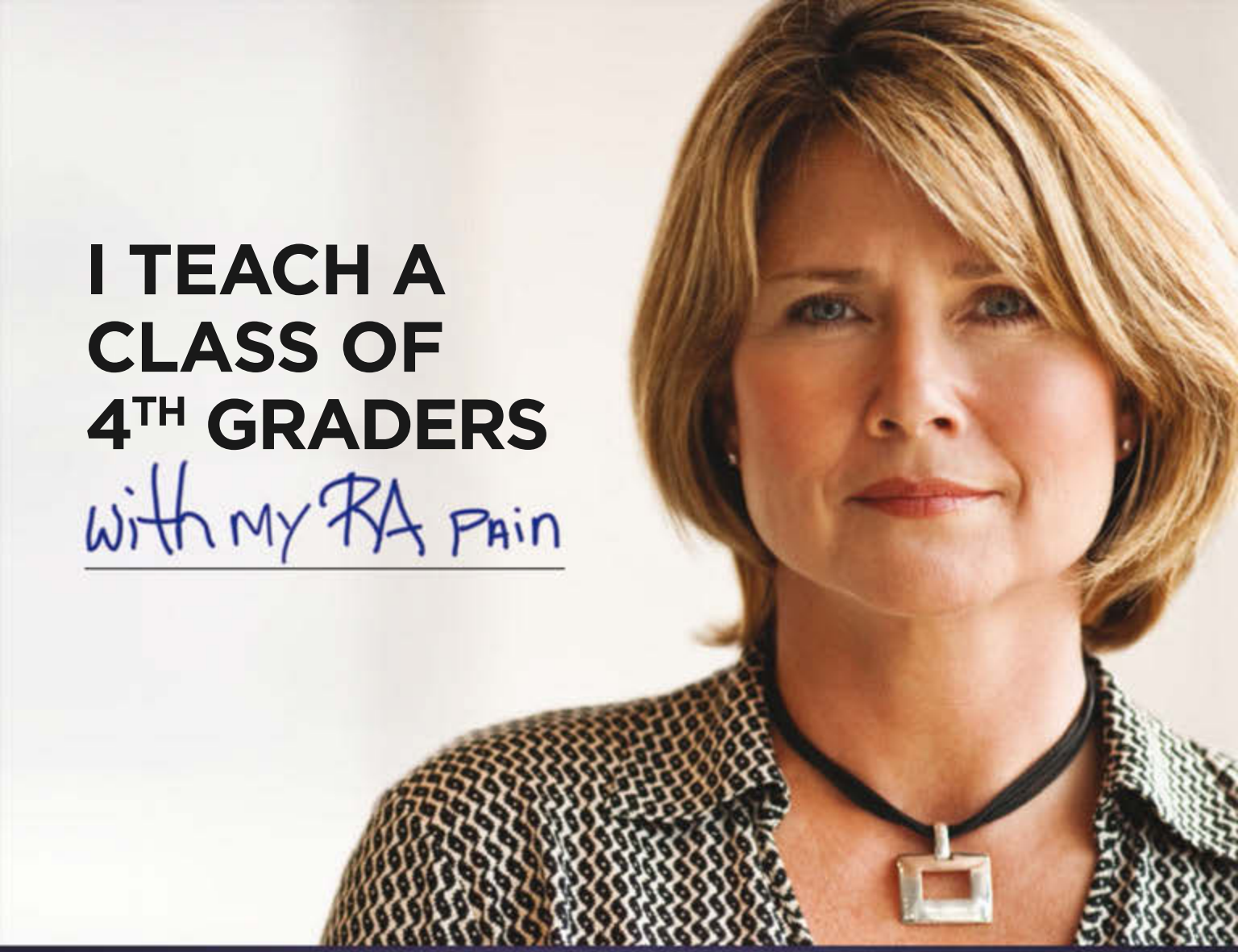
4. Arrange bread in a single layer on 2 baking sheets; broil 30 seconds on each side or until toasted. Place 1 cup soup in each of 12 (8-ounce) ramekins or ovenproof bowls, or follow freezing instructions. Top each serving with 2 bread slices and about 2 tablespoons cheese. Place 6 ramekins on a jelly-roll pan; broil 2 minutes or until cheese melts and begins to brown. Repeat procedure with remaining 6 ramekins, bread slices, and cheese.

SERVES 12
CALORIES 240; **FAT** 8.3g (sat 4.8g, mono 2.3g, poly 0.6g); **PROTEIN** 9g; **CARB** 33g; **FIBER** 2g; **CHOL** 23mg; **IRON** 2mg; **SODIUM** 511mg; **CALC** 172mg

—Recipe by Diane Morgan

PHOTOGRAPHY: JOHNNY AUTRY; FOOD STYLING: CHARLOTTE AUTRY; PROP STYLING: MARY CLAYTON CARL. ILLUSTRATION: HARRY MALT

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.



IT'S NOT OK TO JUST GET BY WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

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MAKE BRUNCH BETTER

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SAUSAGE BRUNCH CASSEROLE

INGREDIENTS

1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll

6 eggs

2 cups milk

1 tablespoon Dijon mustard

2 pkgs. (5 ounces each) seasoned croutons (about 6 cups)

2 cups (8 ounces) shredded sharp cheddar cheese, divided

DIRECTIONS

1. **PREHEAT** oven to 350 F. Cook sausage in large skillet over MEDIUM-HIGH heat 8-10 minutes or until thoroughly cooked, stirring frequently; drain.
2. **BEAT** eggs, milk and mustard in large bowl with a wire whisk until well blended. Add bread cubes; stir gently until evenly coated. Stir in sausage and 1½ cups cheese.
3. **POUR** into lightly greased 13x9-inch baking dish; sprinkle with remaining cheese.
4. **BAKE** 40-45 minutes or until knife inserted in center comes out clean. Let stand 10 minutes before cutting into 12 squares to serve.

Go to **myrecipes.com/eastersides** for additional recipes to make your Easter meal cooked to perfection.

DINNER TONIGHT

WEEKEND WARRIOR

SUNDAY STRATEGIST

5 More Menu Ideas

Try these dinner favorites for a delicious week ahead.

Get these recipes, weekly plans, and shopping lists at CookingLight.com/SundayStrategist.

MONDAY



Risotto Primavera

THIS ISSUE, PAGE 24

+ Balsamic Kale and Radicchio Sauté

THIS ISSUE, PAGE 24

TUESDAY



Chicken Stir-Fry with Peanut Sauce

+ Coconut-Cilantro Rice

WEDNESDAY



Flank Steak with Tomato-Balsamic Sauce

+ Goat Cheese and Basil Polenta

THURSDAY



Twice-Cooked Garlic and Butter Shrimp

THIS ISSUE, PAGE 116

+ Broccoli and Penne with Asiago

FRIDAY



Fresh Thai Noodle Bowl

THIS ISSUE, PAGE 40

Dessert Bonus:

Black Forest Parfaits

TIP!

Instead of packing tonight's dinner for tomorrow's lunch, try reinventing it as a salad or sandwich. Top spinach with chopped cooked fish or chicken, nuts, and dried fruit; wrap sautéed vegetables in flatbread; or stir your favorite salad mix-ins into cooked grains. Grilling tonight? Grill an extra batch of vegetables—they keep well and are delicious cold or at room temperature.

PHOTOGRAPHY: (TOP TO BOTTOM) WHITNEY OTT, RANDY MAYOR, BECKY LUIGART-STAYNER, AND JENNIFER CAUSEY (2)



TASTE SO BIG

WE HAD TO

MAKE THEM SMALL

Jimmy Dean®

INGREDIENTS:

1 pkg. Jimmy Dean® Regular Flavor Pork Sausage Roll
1 cup fresh chopped mushrooms
1/2 cup chopped green bell pepper
10 eggs
1/4 cup milk
1/4 teaspoon ground black pepper
1 cup (4 ounces) shredded cheddar cheese
1/2 cup sliced green onions

DIRECTIONS:

1. **PREHEAT** oven to 350°F. Cook sausage, mushrooms and bell pepper in large skillet over medium-high heat 8-10 min. or until sausage is thoroughly cooked, stirring frequently; drain.
2. **BEAT** eggs, milk and black pepper in large bowl with wire whisk until well blended. Stir in sausage mixture, cheese and green onion. Line cupcake pans with 16 baking liners. Spoon mixture evenly into baking cups.
3. **BAKE** 18-22 min. or until toothpick inserted in center comes out clean. Let stand 5 min. before serving.

PREP TIME: 15 min. **BAKE TIME:** 22 min.
COOK'S TIP: Use parchment paper for cupcake liners.

TRY OUR HEARTY SAUSAGE MINI QUICHE—IF ANYONE ASKS, WE WON'T MIND IF YOU CALL IT YOUR OWN.

JIMMYDEAN.COM

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THE BIG CHEESE

Looking for a quick, delicious, and satisfying snack? Try protein-rich Sargento® Natural String Cheese. See how it stacks up against wholesome favorites like peanut butter, almonds, and eggs—and discover why it's the perfect choice to fuel your active lifestyle.

GRAMS OF PROTEIN PER SERVING

SARGENTO® STRING CHEESE		ALMONDS		ONE LARGE EGG		PEANUT BUTTER
8g	VS.	6g	VS.	6g	VS.	7g

Get more PROTEIN to fuel your every day with these easy tips:

1. **Take it to-go, smoothie style!** Try a blend of silken tofu, orange juice, strawberries, banana, and honey to kick-start your morning.
2. **For a midday flavor boost,** wrap a slice of turkey breast around a **Sargento® Sharp Cheddar Cheese** stick and a thin piece of apple.
3. **Add nutrients to your evening meal** by including protein-packed sides like quinoa with toasted pine nuts or Italian three-bean salad.



SARGENTO

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Learn more about wholesome snacking at Sargento.com/snacks

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KNOW WHEN IT COMES TO PROTEIN, CHEESE RULES.

It keeps you fueled. It keeps you satisfied. Because Sargento® String Cheese is a natural source of protein. With 8 grams per serving, it beats out almonds, eggs and peanut butter — every time.

See Nutrition Information for Fat and Saturated Fat Content

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nutrition made easy

(Crunching the numbers of healthy food)

INSIDE

PARTY SWAPS p. 72

ÉCLAIRS MAKEOVER p. 78

An Egg a Day!

The egg's bad rap is history. Here's why.

BY HOLLEY GRAINGER, MS, RD

For years eggs were out. High in dietary cholesterol, they were the poster child for heart disease.

But that reputation wasn't all it was cracked up to be. Research now shows that dietary cholesterol doesn't contribute to blood cholesterol (the stuff that clogs arteries) as much as once thought.

And the egg is a nutritional superstar: At only 70 calories, just one serves up 6 grams of quality protein and 13 essential vitamins, minerals, and antioxidants. For healthy people, an egg a day is A-OK!

PUMP UP PROTEIN
Increase the protein in oatmeal: Bake it with beaten eggs and milk.

DRESS SALADS
Top pastas and grains with runny eggs instead of rich sauces.

CUT SODIUM
Skip cold cuts and add sliced hard-boiled eggs to your next sandwich.

REDUCE FAT
Replace sour cream and cheese on a potato half with a runny egg and veggies.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: LINDSEY LOWER

NUTRITION MADE EASY

by the numbers

100-Calorie Party Swaps

These festive swaps will help you party down without the party guilt.

BY HOLLEY GRAINGER, MS, RD



INSTEAD OF A CHICKEN SALAD CROISSANT



SPREAD IT ON A WHOLE-WHEAT TORTILLA

OR



STUFF IT IN MINI BELL PEPPERS

Whether you make your own chicken salad or buy a container from a local deli, you can slash more than 200 calories just by changing out the bread. Cut 100 calories by switching from a croissant to a whole-wheat tortilla. Save 100 more by nixing the bread altogether.



INSTEAD OF BACON DEVILED EGGS



REPLACE WITH OUR LIGHTENED DEVILED EGGS

When making a dozen eggs, remove 5 egg yolks from the recipe, substitute Greek yogurt for mayonnaise, and replace bacon with pickled onions. You'll save 100 calories on 2 deviled egg halves.



INSTEAD OF PIGS IN A BLANKET



Use phyllo dough in place of yeast rolls to save fat and calories.

TRY OUR ASPARAGUS ROLLS

Make your own "pigs in a blanket" by rolling up prosciutto and asparagus in phyllo dough. You'll save 185 calories snacking on 6 of these delicacies versus 3 pigs in a blanket with honey mustard.



INSTEAD OF A CHOCOLATE CUPCAKE



TREAT YOURSELF TO A TURTLE BROWNIE BITE

Cupcakes piled high with frosting are weighed down with calories. Try our mini brownie bite topped with 1/2 teaspoon caramel sauce and a pecan instead. You'll save a whopping 160 calories over the cupcake.



INSTEAD OF SALAMI, HAM & CRACKERS



VEG OUT WITH ARTICHOKES & OLIVES

Instead of serving an antipasto platter laden with fatty, sodium-packed sopresso, salami, or lunch meats, put out a spread of peppers, artichokes, and olives. You'll save 120 calories.

The last thing you want to worry about when you're throwing a party is calories. Unfortunately, party calories aren't magically different from regular calories. They can really add up as you circle the room indulging. But you can tempt your guests with tasty nibbles and delicious drinks without tempting fate. You'll save at least 100 calories (in some cases, many more) with each of these swaps at your next gathering.

Get these lightened recipes at Cooking Light.com/ Features.







INSTEAD OF 7-LAYER BEAN DIP

DIP INTO GUAC WITH WHOLE-WHEAT CHIPS OR **SNACK ON** BLACK BEAN AND CORN SALSA

Freshen up the layered sour cream and refried bean dip by serving heart-healthy guacamole with whole-wheat chips to save 140 calories. Cut another 110 calories by choosing black bean and corn salsa made with fresh cilantro and lime juice. Serve with salted jicama sticks.





INSTEAD OF AN ICED CINNAMON ROLL

MAKE OVEN-BAKED CHURROS

Skip the giant, 300-calorie cinnamon rolls from the refrigerator section. Bake simple cinnamon-sugar churros. Just 2 will satisfy your sweet tooth and save you more than 100 calories.





INSTEAD OF GROUND BEEF SLIDERS

GO FOR BEEF TENDERLOIN

Instead of serving ground beef sliders, put out lean beef tenderloin on a crispy bread round. You'll shave more than 175 calories off the sliders while enjoying a better cut of meat topped with horseradish.





INSTEAD OF CHAMPAGNE PUNCH

SIP ON A WINE-BERRY SPRITZER

Try this light twist on the sugar-laden Champagne punch: Muddle a fresh strawberry, and top with calorie-free seltzer, a squeeze of lemon juice, and a splash of white wine to save 100 calories per sipper.

Top endive leaves instead of bread: Save 120 calories.





INSTEAD OF BRIE WITH JELLY ON BREAD

GET YOUR FIX WITH GOAT CHEESE ON ENDIVE

You can still enjoy a creamy, crispy, and sweet appetizer by opting for a tablespoon of creamy goat cheese and a drizzle of honey on an endive leaf, versus an ounce of Brie on a baguette slice.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: LINDSEY LOWER

NUTRITION MADE EASY

recipe makeover

Caramel Éclairs Made Light

Amazing flavor and texture with less butter, no cream, and healthy whole grains.

BY SIDNEY FRY, MS, RD



OUR ÉCLAIR
saves 239 calories, 22g total fat, and 13g sat fat over traditional sea salt–caramel éclairs.

Éclairs are the cream-filled darlings of the pastry world, decadently smeared in either rich chocolate or buttery caramel glaze. The word literally means "lightning" in French—so named because they're eaten in a flash. But to devour a 467-calorie puff in mere seconds just seems like a tragedy, *non*? Could such a pastry be as light in fat and calories as it is in texture? We had to find out. Éclairs do take some time to make, but they're easier than you might think. They're an impressive dessert to serve at your next spring dinner party and well worth the effort when you can shave 13g sat fat from each pastry.

We build the dough from whole-wheat pastry flour and keep it fluffy and light with whipped eggs and egg whites. Instead of whipped cream, we make a vanilla bean custard from half-and-half and fat-free milk, a combo that adds richness and body with far less fat than heavy cream. Brown sugar, bourbon, and a dab of butter caramelize into a delicious glaze that's topped off with a sprinkle of sea salt, which balances the sweetness of the caramel and pastry cream. Forget eating in a flash; with half the calories and all the fluffy, cream-filled, caramel goodness of the original, these treats are meant to be savored.

TURN THE PAGE FOR RECIPE

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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NUTRITION MADE EASY

recipe makeover

Get a head start by making the pastry cream a day ahead and the pastry earlier in the day. Assemble, and chill éclairs up to 3 hours.

SEA SALT-CARAMEL ÉCLAIRS

Hands-on: 1 hr. 12 min.
Total: 2 hr.

STAFF FAVE

You can substitute ½ teaspoon vanilla extract for the vanilla bean in the pastry cream.

Pastry cream:

- ⅓ cup granulated sugar
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- 1 large egg yolk
- 1 cup fat-free milk
- ½ cup half-and-half
- 1 vanilla bean, split lengthwise

Pastry dough:

- 3 ounces whole-wheat pastry flour (about ⅔ cup)
- 1.5 ounces all-purpose flour (about ⅓ cup)
- 1 cup water
- 3 tablespoons butter
- 2 teaspoons granulated sugar
- 2 large eggs
- 2 large egg whites

Caramel glaze:

- ½ cup brown sugar
- ¼ cup half-and-half
- 1 tablespoon butter
- 2 teaspoons light-colored corn syrup
- 1 tablespoon bourbon
- ¼ teaspoon vanilla extract
- ⅛ teaspoon flake salt, divided

1. To prepare pastry cream, combine first 4 ingredients in a saucepan; stir with a whisk. Stir in milk, ½ cup half-and-half, and vanilla bean. Cook over medium heat until mixture boils, stirring constantly. Reduce heat to low; cook 1 minute or until thickened, stirring constantly. Pour into a bowl. Press plastic wrap onto surface; chill.

2. Preheat oven to 425°.

3. To prepare dough, weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine 1 cup water, 3 tablespoons butter, and 2 teaspoons granulated sugar in a saucepan; bring to a boil. Reduce heat to low; add flours. Stir constantly with a wooden spoon until mixture is smooth and begins to pull away from sides of pan. Remove from heat; cool 5 minutes.

4. Place mixture in a large bowl. Beat with a mixer at medium speed 1 minute. Add 2 eggs and 2 egg whites, 1 at a time, beating well after



each addition. Scrape sides of bowl; beat 1 minute.

5. Spoon into a pastry bag with a ½-inch round tip. Pipe 10 (4½ x 1–inch) logs onto a baking sheet lined with parchment paper. Bake at 425° for 20 minutes.

6. Reduce oven temperature to 350°. Remove pan from oven; place another baking pan underneath to prevent overbrowning. Immediately return to oven, rotating pan. Bake an additional 25 minutes or until éclairs are lightly browned and sound hollow when tapped. Remove from pan, and place on a wire rack; pierce top of each with the tip of a knife (to allow steam to escape). Cool completely.

7. To prepare glaze, combine brown sugar, ¼ cup half-and-half, 1 tablespoon butter, and syrup in a saucepan over medium-high heat; bring to a boil. Simmer 10 minutes or until reduced to ½ cup. Remove from heat. Stir in bourbon, vanilla extract, and half of salt. Cool 10 minutes.

8. Using a serrated knife, cut éclairs in half lengthwise. Discard vanilla bean. Fill bottom of each éclair with 2 tablespoons pastry cream. Spread 2 teaspoons glaze over top of each pastry (if glaze is too cool, microwave at HIGH 15 seconds or until spreadable). Replace tops, glaze side up; sprinkle evenly with remaining sea salt. Cover and refrigerate until ready to serve.

SERVES 10 *(serving size: 1 éclair)*
CALORIES 228; **FAT** 8.3g (sat 4.7g, mono 2.4g, poly 0.5g); **PROTEIN** 5g; **CARB** 33g; **FIBER** 1g; **CHOL** 75mg; **IRON** 1mg; **SODIUM** 166mg; **CALC** 74mg

—Recipe by Maureen Callahan

PERFECTING A LIGHTER ÉCLAIR



THE PASTRY
We cut butter in half, while whole-grain pastry flour and fluffy egg whites keep our pastry light as air to save 51 calories and add 1g fiber per éclair.



THE CREAM
A combination of fat-free milk and half-and-half stands in for heavy cream, saving 105 calories and 7.7g sat fat per serving. Real vanilla bean adds richness.



THE GLAZE
Brown sugar, bourbon, and a pinch of salt are made rich with half-and-half instead of pure butter, which saves 3.3g sat fat per decadent pastry.




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healthyhabits

+ **Diet Habit:** Sip Smartly p. 101
+ **Beauty Habit:** The Power of Oats p. 92

EAT BREAKFAST EVERY DAY

What you eat in the morning sets the tone for your day. Embrace this smart habit with our expert tips.

BY ALISON ASHTON



Despite what we've all heard from health advocates and Mom about breakfast being the most important meal, we're a nation of breakfast-skippers. Thirty-one million of us go without it, according to the market research firm NPD Group.

That's a bad dietary strategy, says nutrition expert Bonnie Taub-Dix, RD, author of *Read It Before You Eat It.* "Ditching breakfast can affect your mood, weight, and well-being." So this month we're tackling the three top excuses for skipping breakfast to help you make it a smart daily habit.

ILLUSTRATION: ANDREW LYONS

> There isn't much time involved in mixing up some Greek yogurt, whole-grain cereal, nuts, and fruit.

Top 3 Excuses For Skipping Breakfast



1 "I'M NOT HUNGRY IN THE MORNING"

You don't have to eat the minute you wake up. "Breakfast at a given time isn't essential for health," says David L. Katz, MD, founding director of Yale University's Prevention Research Center. If you want to eat later in the morning, that's OK. But waiting doesn't mean skipping. Even a light snack with some protein, complex carbs, and healthy fats in the morning can help you resist those doughnuts a coworker "thoughtfully" brought to the office.

2 "I'M TRYING TO LOSE WEIGHT"

Many dieters skip breakfast to "save" the calories. And a study published last year in *The American Journal of Clinical Nutrition* did find that neither eating nor skipping breakfast had an effect on weight loss.

Still, eating something in the morning may be important for weight control. Nearly 80% of members in The National Weight Control Registry, which tracks more than 10,000 people who have lost at least 30 pounds and kept it off for at least a year, eat breakfast daily.

"But eating breakfast isn't just about your weight," says Taub-Dix. It's about dietary quality, too.

"A lot of people skip breakfast and then overcompensate later in the day," says Katz. "The result is missing out on some potentially very nutritious foods and instead eating something from the vending machine."

Crowdsourced data from users of the food-tracking app Eatery reveal that breakfast eaters consume about 7% less throughout the day than skippers and eat a healthier diet overall. There's even evidence that breakfast is good for your heart. A study in the journal *Circulation* found that men who skipped breakfast had a 27% higher risk of heart disease than those who didn't.



3 "I DON'T HAVE TIME"

"There isn't much time involved in mixing up some Greek yogurt, whole-grain cereal, nuts, and fruit," says Katz. "If you prefer a later breakfast, pack it up and take it with you." Taub-Dix's favorite trick: Pull breakfast together ahead of time. "I usually make a big pot of oatmeal at the beginning of the week and keep it in individual containers. Then I can just take it out, add some milk and chia seeds, and pop it in the microwave."

HABITS OF HIGHLY SUCCESSFUL BREAKFAST EATERS

Chefs, food activists, and moms face the same challenges as the rest of us when it comes to fitting in breakfast every day. Try some of their tips:

MARK BITTMAN: THE FOOD ACTIVIST

Lean into leftovers. "I'll cook extra vegetables or big batches of grains at dinnertime or the beginning of the week" and then microwave leftovers, says Bittman, whose latest book is *How to Cook Everything Fast.* "That's so much easier than most typical breakfast foods."

LISA LEAKE: THE MOM

Make your own convenience food. Leake, author of *100 Days of Real Food,* makes a big batch of granola each week. "I know what's in it, and it really doesn't take long at all," she says. And if she fixes a big breakfast with pancakes or waffles on the weekend, she always cooks extra. "All of that stuff freezes beautifully," says Leake.

MARY SUE MILLIKEN: THE CHEF

Start small and go savory, says Milliken, a *Top Chef Masters* finalist and co-chef/owner of the Border Grill restaurants in Los Angeles and Las Vegas. She usually noshes on fruit, a bit of unsweetened granola, and some nuts before her early morning workout. That may be followed later in the morning by half a sandwich, a salad topped with a fried egg, or leftover rice with miso broth.


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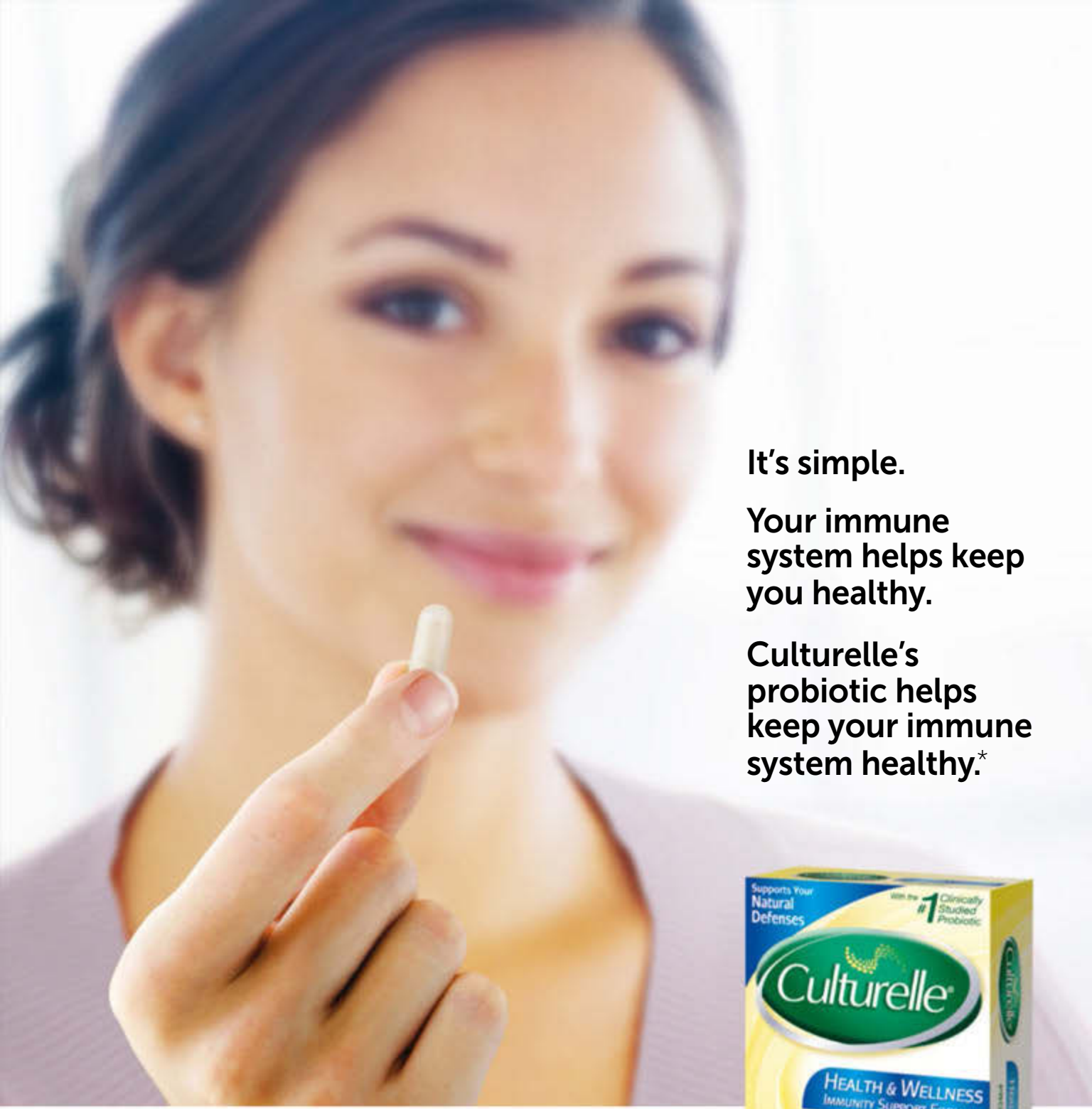
The BEAUTY HABIT

Beyond Breakfast

From hydration to firming, oats offer beauty benefits from head to toe. BY CINDY HATCHER



PHOTOGRAPHY: ROBBIE CAPONETTO; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN



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The BEAUTY HABIT



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NATURAL BEAUTY

Burt's Bees Renewal Firming Night Cream ($20, burtsbees.com) This nightly moisture booster uses the ability of white hibiscus and apple to serve as natural wrinkle fighters. Wake to firmer, smoother skin.



PORTRAIT: RANDY MAYOR; HAIR AND MAKEUP STYLING: CELINE C. RUSSELL

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SIGHTS & BITES

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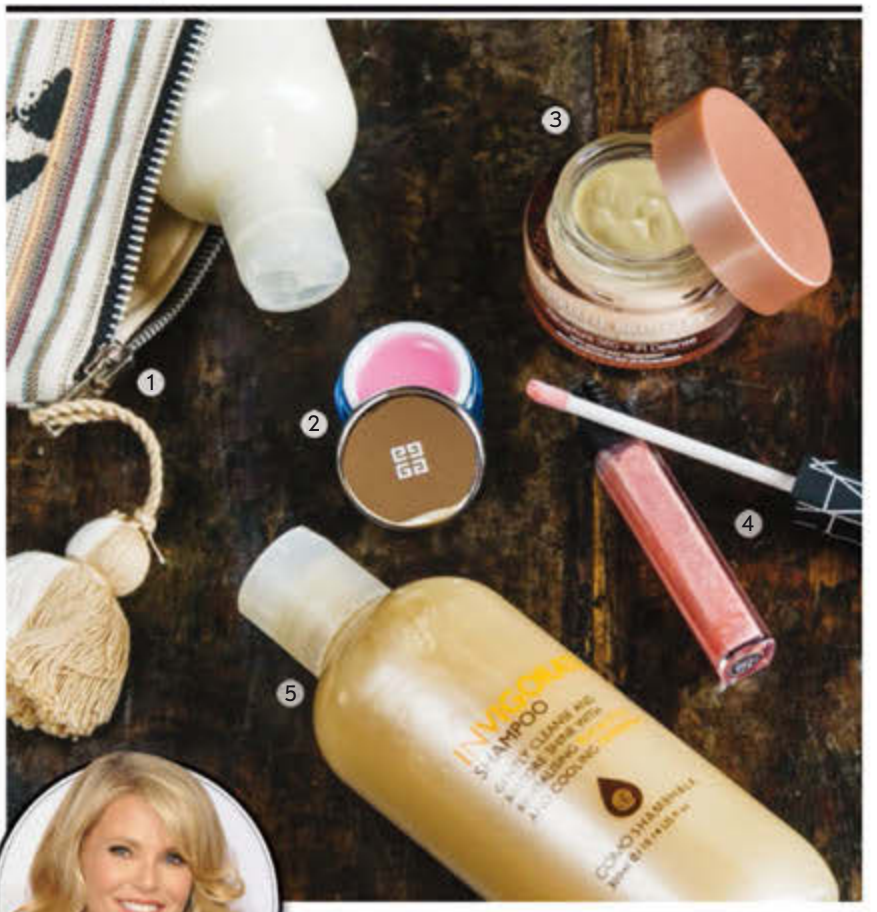
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The BEAUTY HABIT

What's in Your Bag, CHRISTIE BRINKLEY?

This cover girl is launching a new beauty line we love.





CHRISTIE BRINKLEY first graced magazine covers more than 30 years ago, and this spring she debuts her own skin-care line. It addresses concerns every woman faces. "I want to spend less time on beauty (just when I need more ... one of life's little ironies!)," Brinkley says, "so that means streamlining so I can get to the things I want to be doing."

1 FEED
GUATEMALA POUCH
Profits from this line of makeup bags provide food for Guatemalan children. *$25,* **feedprojects.com**

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5 COMO SHAMBHALA
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Brinkley is freeing up time to hang out in her kitchen and write a book on her beauty secrets. Look for it later this year.

PORTRAIT: JON KOPALOFF/GETTY

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The DIET HABIT

A Toast to Moderation

One drink a day won't get in the way of weight loss.



There is a wine bottle called a Nebuchadnezzar; it holds the equivalent of 20 standard bottles of wine. I calculate that Olivia Pope and Alicia Florrick consume roughly one Nebuchadnezzar apiece of fine red wine per episode of *Scandal* or *The Good Wife*. Anyone who watches these shows knows that both of these wafer-thin heroines (and we are talking exceptionally thin wafers here) wind down after their hard days spent rigging national elections and matching wits with drug kingpins by pouring themselves glasses of wine roughly the size of Kentucky.

Sadly, consuming big buckets of alcohol is not the path to achieving or maintaining a healthy body mass index. In addition to liver disease, high blood pressure, increased cancer risk, and fatal car accidents, alcohol overuse is associated with weight gain. "Alcohol is a carbohydrate," explains Eric Rimm, ScD, professor of epidemiology and nutrition at the Harvard School of Public Health and professor of medicine at Harvard Medical School. "Load up on carbohydrates, and you're going to gain weight."

But this is where moderation (defined as up to one drink a day for women and up to two a day for men) comes in. "If someone is overweight or obese, I would be less concerned about calories from moderate alcohol consumption than I would be about every other aspect of lifestyle and diet. Six or seven drinks a week will actually be a pretty small percentage of someone's overall calories when compared to the rest of her diet," says Rimm. A 5-ounce glass of wine has 120 calories.

That means alcohol, in moderation, is the pleasure dieters can stop feeling guilty about. "Alcohol and weight is an area where we still have much to figure out. There are so many variables here—genetics, gender, starting weight. It's hard to make a recommendation that fits everyone. There are no guidelines anywhere that are going to tell someone who doesn't drink to start drinking, but, based on the research, moderate drinking will not make you gain weight." We say cheers to that.

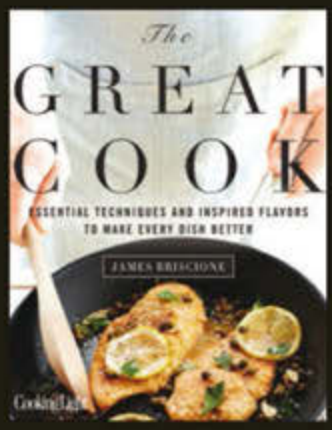
–JENNIFER DRAWBRIDGE

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Salad for Days

Tender leaves, shoots, and roots offer new delights.

BY MARY BETH SHADDIX

Bountiful spring greens are an epiphany for the kitchen gardener. Forget the store-bought baby green medley in a bag; the flavors and neon, wine-red, freckled, and speckled homegrown lettuces will spoil you forever.

Another joy of planting salad basics is that they work well regardless of your growing room: Baby greens and radishes are a smart use of space underneath longer-growing cool-season crops, keeping weeds at bay and using every inch of soil. Or tuck them between plantings in containers.

They're also quickly replenished: You can pick bowls full of arugula, spinach, mixed lettuces, radishes, and pea shoots daily, which makes them a rewarding use of both space and effort.

Last month we shared plans to get started on the right garden for you and your growing space (catch up at CookingLight.com/Garden). Here's how to enjoy the first bits of green peeking out from the soil.

SPRING SHOWERS

Water is a key component to any thriving garden. Unless you relish hand-watering every few days, install a simple drip irrigation system to do the work for you. Delivering hydration at the base of plants near the roots conserves water and looks clean at the soil surface. Kits found at garden centers make it a snap to connect tubes to an outdoor spigot, while adding a timer makes it worry-free for forgetful folks. Containers need more frequent watering than in-ground plantings, yet small groupings of pots make it easy to hide the irrigation system. In our raised beds, we buried 28 feet of subsurface drip-line tubes that are both flexible and clog-free. And don't forget the plant food: Apply an organic granular or liquid plant food according to label instructions.



PHOTOGRAPHY: (LOCATION) RANDY MAYOR. ILLUSTRATION: FELICITA SALA



SPRING PEA AND PASTA SALAD WITH CHICKEN AND ASPARAGUS

Hands-on: 15 min. Total: 24 min.

If your herb garden is going strong, you can snip parsley and chives fresh from the source. Tarragon is worth seeking out for this dish; its anise notes are the distinguishing flavor.

- 1 tablespoon chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped chives
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons minced shallots
- 2 teaspoons chopped fresh tarragon
- 1 teaspoon Dijon mustard
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 cups shredded roasted skinless, boneless chicken breast halves
- 8 ounces uncooked fusilli pasta
- 1½ cups (1½-inch) pieces asparagus
- 1 cup fresh or frozen, thawed green peas
- 3 ounces Parmigiano-Reggiano cheese, grated (about ¾ cup)

1. Combine first 8 ingredients in a large bowl, stirring with a whisk. Add chicken; toss to coat.

2. Prepare pasta according to package directions. Add asparagus pieces and peas during the last 2 minutes of pasta cooking time. Drain well. Add pasta-and-vegetable mixture and Parmigiano-Reggiano to chicken mixture; toss well to coat.

SERVES 6 *(serving size: about 1 cup)*
CALORIES 349; **FAT** 12.8g (sat 3.8g, mono 6.9g, poly 1g); **PROTEIN** 24g; **CARB** 34g; **FIBER** 3g; **CHOL** 46mg; **IRON** 3mg; **SODIUM** 477mg; **CALC** 194mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

CUCUMBER AND RADISH PICO DE GALLO

Hands-on: 16 min. Total: 16 min.

Chop your veggies finely enough so the pico hangs together in a spoonful.

- 6 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1½ cups finely chopped radishes
- ⅓ cup chopped fresh cilantro
- ¼ cup finely chopped white onion
- 2 teaspoons minced jalapeño pepper
- 1 large English cucumber, diced (about 4 cups)

1. Combine first 3 ingredients in a medium bowl, stirring with a whisk. Add remaining ingredients; toss to coat.

SERVES 24 *(serving size: about 3 tablespoons)*
CALORIES 14; **FAT** 1.1g (sat 0.2g, mono 0.8g, poly 0.1g); **PROTEIN** 0g; **CARB** 1g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 83mg; **CALC** 5mg

PHOTOGRAPHY: (RECIPES) JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN



RED SNAPPER WITH ARUGULA SALAD

Hands-on: 25 min. Total: 25 min.

Press down lightly on the fillets for the first minute while they cook skin side down: The gentle pressure will keep the skin in contact with the pan to encourage it to crisp up wonderfully. If fillets are very thick, add about two minutes to your cooking time.

- 4 tablespoons extra-virgin olive oil, divided
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- ½ teaspoon minced garlic
- ¾ teaspoon kosher salt, divided
- 6 (6-ounce) red snapper fillets
- ¼ teaspoon freshly ground black pepper
- 5 ounces fresh baby arugula
- ¼ cup thinly sliced red onion
- 2 ounces pecorino Romano cheese, shaved
- 6 lemon wedges

1. Combine 3 tablespoons oil, rind, juice, and garlic in a large bowl, stirring well with a whisk. Stir in ¼ teaspoon salt.

2. Sprinkle fish with remaining ½ teaspoon salt and pepper. Heat a large nonstick skillet over medium-high heat. Add 1½ teaspoons oil to pan; swirl to coat. Add 3 fillets, skin side down; reduce heat to medium, and cook 5 minutes or until skin is golden and crisp. Turn fillets; cook 3 minutes or until done. Remove fish from pan; keep warm. Wipe pan clean; repeat procedure with remaining oil and remaining 3 fillets.

3. Add arugula to dressing; toss. Top with onion and cheese. Serve salad with fillets and lemon wedges.

SERVES 6 *(serving size: 1 fillet and ¾ cup salad)*
CALORIES 300; **FAT** 14.8g (sat 4.2g, mono 7.6g, poly 1.7g); **PROTEIN** 38g; **CARB** 2g; **FIBER** 1g; **CHOL** 73mg; **IRON** 1mg; **SODIUM** 541mg; **CALC** 179mg

—Recipes by Laura Zapalowski

MORE ONLINE Find planting plans, our favorite varieties to grow, and harvest tips at CookingLight.com/Garden. Use #CLPickFresh to connect with us socially.

FROM THE CL GARDEN



PETAL PUSHERS

Nasturtiums, pansies, chives, and pea blossoms add a zing of spring color to the salad plate and sweetly dress up desserts. Flowers from plants in the allium family, such as chives or garlic, lend that standout kicky taste. Plant these colorful blooms among both beds and containers to show your neighbors just how beautiful—and delicious—a blooming kitchen garden can be.



MEET OUR GARDENER

Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the *Cooking Light* Garden and contributed to *Pick Fresh,* our cookbook and garden guide. Connect with Mary Beth at marybethshaddix.com or @mbshaddix on Instagram and Twitter.

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.

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UPSIZING THE SINK
Washing pots was a trial in the original kitchen's divided sink. The new Kohler farm-style sink, nearly 3 feet wide, not only makes the job easier but its 9-inch depth also hides stacks of dishes when the Thustons entertain.

CHOICE CABINETS
Simple, Shaker-style cabinets cost half the price of tailor-made and include semi-custom add-ons like soft-close drawers.

PHOTOGRAPHY: JENNIFER CAUSEY; PROP STYLING: HEATHER CHADDUCK HILLEGAS

IN A COOK'S KITCHEN

MODERN MERGER

An Alabama couple whips up a kitchen fit for a family. BY SUSAN HEEGER

In 2011, after buying a 1950s ranch house in Birmingham, Alabama, Jessica and Dixon Thuston spent eight months pulling pots and pans out of boxes whenever they cooked. Preparing meals for themselves (including Tripp, now 6, and Eve, 4), they shared their kitchen's small electric stove but avoided iffier appliances, such as the leaky, 40-year-old dishwasher. "And I never unpacked. The cabinets were so run-down," says Jessica, executive editor of sister magazine *Southern Living*. Though spacious and well configured, the kitchen was outfitted in yellow laminate countertops and matching, scuffed vinyl flooring. The Thustons planned a redo but needed time to save the cash, a

Inexpensive IKEA shelving replaced space-stealing upper cabinets.

VISIBLE INVESTMENT
"My philosophy is to spend more on what you touch and see the most," Jessica says. She picked Studio Moderne Calacata white marble field tile by Walker Zanger over inexpensive subway tiles.

CLEANER COUNTER
At Dixon's request, Jessica hunted down a darker Lagos Azul limestone because it hides wear and tear better.

In lieu of a rug on their new white-oak floor, the couple taped out a trellis pattern, found a primer that would go over the finish, and then painted with a Pratt & Lambert floor paint. A final top coat of polyurethane in a satin finish protects the floor from scuffs and spills.



ORDERLY DRAWERS
Drawers fitted with organizing caddies make finding the right tool easy. One, close to the dishwasher, features sections for cutlery, knives, and kitchen shears.

delay that paid off. "We got to learn how we used the kitchen," Jessica says. "If you renovate too soon, you can do things you regret."

Aside from a dated aesthetic, the room had more cabinets than the Thustons needed, including space-stealing uppers and no place for family meals. After studying the old blueprints, Jessica opted to restore a breakfast nook that had been scrapped in the '70s but keep the room's layout. One exception: A modern fridge too wide for its slot was moved to a nearby closet. Dixon, a handy engineer who loves to cook, crafted a custom kitchen table and weighed in on materials. Combining pretty with practical, the new kitchen pairs limestone countertops and marble tile with ready-made cabinets and stainless-steel appliances. After eight months of planning, the transformation took just eight weeks to complete. Jessica, the general contractor, explains why: "I ordered everything before work started, and I didn't once change my mind."

WHAT MAKES THIS A COOK'S KITCHEN?

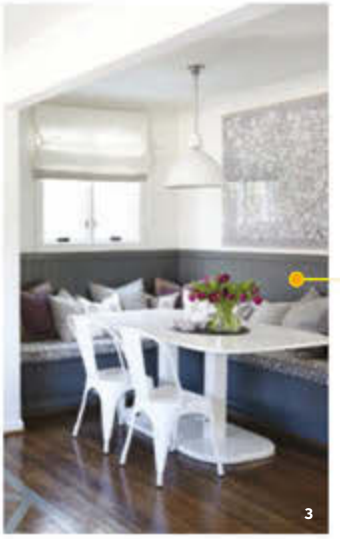
Counter space is key for parents catering to different palates, with Jessica handling children's meals and Dixon, grown-up dishes for family dinners. Ample storage in lower cabinets keeps tools handy and prep spots clear. The breakfast nook corrals the kids, who color or watch TV while Mom and Dad cook. On party nights, the same alcove invites guests to sit and chat. Everyday bowls and cups line wall shelves for easy access. Appliances lie in close proximity, with only a few steps between the new fridge, sink, and gas stove, but there's plenty of space for tag-team cooking (even with a growing family) in the open, 18 x 8–foot room. New casement windows (swapped in for old, metal-framed sash windows) let in daylight and fresh air, while pendant lights brighten work areas at night. A convenient laundry closet tucks the washer and dryer out of sight, and a pull-out drawer conceals trash.



1



2



3

1 WIDE-RANGING
Favoring gas for greater heat control in stovetop cooking, the Thustons liked the look of Thermador's Professional Series Pro Harmony Range. "It has the style but not the price of other professional models," says Jessica, "with an ultra-low burner that lets you truly simmer." The Kohler pot-filler is handy for quick pasta cooking.

2 CLOSET CASE
Anna Evans, an architect friend who consulted on the kitchen, suggested housing the new fridge in a former closet and surrounding it with cabinets for dry goods and small appliances. This gives the fridge a built-in look and eliminates countertop clutter. Pull-out shelves add convenience; an outlet in the back of one cabinet makes the microwave usable in place.

3 CORNER POCKET
Crafted of MDF and accented with tongue-and-groove paneling, the banquettes have hinged tops and double as storage bins. Dixon designed and built the dining table, finishing it with a high-gloss, easy-to-wipe-down white paint, and Jessica added classic, Tolix-style chairs.

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Cook like a genius as ***Keith Schroeder*** *reveals the science behind his art.*

mad delicious



Twice-Cooked Garlic and Butter Shrimp, page 116

SCAN PHOTOS & SAVE RECIPES WITH YOUR PHONE! SEE PAGE 8

THIS MONTH'S LESSON

Tender, Succulent Shrimp

Shrimp cook quickly, one of many reasons to love them. But cook too fast and hot, and you'll make them dry, tough, and chewy. That's why I've perfected this twice-cooked method, which pays careful attention to shrimp's tendency to curl and twist like a rubber band when aggressive heat is applied. The initial cool-to-warm pan treatment "sets" the structure of the shrimp while gently cooking them through, so you end up with evenly textured shrimp that are well primed for a quick sauté to finish.

Get fresh shrimp if you can: The texture and flavor are unparalleled (think lobster). In either case, shrimp benefit from delicate cooking, as high, hard heat cooks them unevenly and leaves them rubbery outside. This recipe is an exercise in patience and illustrates that part one of great cooking is mastering the application of heat. Part two is mindfully harmonizing flavors, which it also demonstrates: Rich butter balances bright lemon and herbs and punchy garlic.

Atlanta chef Keith Schroeder's first Cooking Light *cookbook,* Mad Delicious, *came out last fall.*



PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN. PORTRAIT AND BOOK: RANDY MAYOR; STYLING: LINDSEY LOWER


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Keith's Recipe Breakdown

TWICE-COOKED GARLIC AND BUTTER SHRIMP

Hands-on: 10 min. Total: 20 min.

For the sauté step, get the oil hot but not so hot that it smokes: There's only a teaspoon, and it'll heat quickly. If you want a pungent flavor hit, sprinkle on some coarsely ground black pepper at the end.

Ingredient	Amount	Why
Cooking spray	To coat the unheated pan	To prevent the shrimp from sticking to the pan. This is an unorthodox method.
Large shrimp, peeled and deveined	36 (about 1½ pounds unpeeled)	Large work best for this technique. Smaller shrimp won't endure the second, more aggressive pan treatment.
Toasted walnut oil or olive oil	1 teaspoon	Toasted nut oil complements the sweetness of shrimp, but olive oil is good, too.
Garlic cloves	4, thinly sliced	Thin slivers give off flavor quickly but burn just as fast: It helps that we turn off the heat.
Butter	1½ teaspoons	For roundness and mouthfeel.
Fresh lemon juice	3 tablespoons	Everything thus far is round, warm, or earthy—bright acid peps things up.
Fresh flat-leaf parsley	1 tablespoon chopped	A fresh herb further enlivens the dish.
Kosher salt (optional)	¼ teaspoon	It might need it or not: Some store-bought shrimp are saltier than others.

SERVES 4 *(serving size: about 9 shrimp)*
CALORIES 149; **FAT** 4.3g (sat 1.2g, mono 0.8g, poly 1g); **PROTEIN** 23g; **CARB** 3g; **FIBER** 0g; **CHOL** 218mg; **IRON** 0mg; **SODIUM** 386mg; **CALC** 99mg

Follow These Steps:

>> Coat a large skillet with cooking spray. Arrange shrimp in a single layer in unheated pan. Turn heat to low; cook shrimp 8 minutes, without turning. Increase heat to medium-low. Cook 2 minutes or until edges of shrimp turn orange. Turn shrimp over; cook 2 minutes or until shrimp turn orange on bottom edges. Place shrimp in a large bowl.

>> Heat pan over medium-high heat. Add oil to pan; swirl to coat. Add shrimp to pan; sauté 45 seconds. Turn off heat. Add garlic; toss to coat. Allow garlic to soften but not brown. Add butter, lemon juice, and parsley; toss to melt butter and coat. Add salt, if desired.



VARIATION

SPICY TOMATO-BASIL SHRIMP

Replace garlic with 2 cups diced seeded plum tomatoes, and walnut oil with olive oil. **Omit** parsley. After sautéing shrimp in second step, **stir in** 1½ teaspoons butter, 1 teaspoon crushed red pepper, and 12 small fresh basil leaves. **Add** up to ¼ teaspoon kosher salt, if needed.

SERVES 4
CALORIES 162; **FAT** 4.6g (sat 1.3g, mono 1.4g, poly 0.5g); **PROTEIN** 24g; **CARB** 6g; **FIBER** 1g; **CHOL** 218mg; **IRON** 1mg; **SODIUM** 389mg; **CALC** 103mg

SCAN PHOTOS, SAVE RECIPES. SEE PAGE 8.







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SUNNY DAY BRUNCH P. 124
Spring forward with these simple crowd-pleasers.

CASUAL COCKTAIL PARTY P. 138
Entertain with ease with a make-ahead menu of small bites and batched seasonal cocktails.

FAMILY-STYLE FEAST P. 156
Gather round the table for a relaxed and cozy dinner party.

PLUS

Dip In!
Seven ways to dress up hummus for party time
P. 154

&

Sweet Takeaways
Three luscious takes on classic lemon bars
P. 168

PHOTOGRAPHY: JENNIFER CAUSEY; PROP STYLING: LINDSEY LOWER. HAND-LETTERING: JEN MUSSARI

Spring Flings

SUNNY DAY

Brunch

Spring forward with these simple crowd-pleasers, from sparkling mimosas to honeyed biscuits to creamy, soft-scrambled eggs.

Recipes by **THE CL KITCHEN**
Photography by **JENNIFER CAUSEY**



Blood Orange Mimosas
Recipe p. 128



Spring Pea Salad with Creamy Curry Dressing
Recipe p. 132

PROPS: (GARLAND, LEFT) COURTESY OF MINTED.COM



Roast Pork Tenderloin with Spicy Apricot Jam
Recipe p. 130

Orange, Honey, and Thyme Biscuits
Recipe p. 130

FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER AND CLAIRE SPOLLEN. CONTRIBUTING DESIGNER: HEATHER HAGGERTY

Game Plan

UP TO 5 DAYS AHEAD
- ✔ Make jam for pork.

UP TO 1 DAY AHEAD
- ✔ Make pea salad and curry dressing (dress just before serving).
- ✔ Bake biscuits.
- ✔ Roast pork tenderloin (slice just before serving).
- ✔ Juice oranges.
- ✔ Prepare trifle.

AN HOUR AHEAD
- ✔ Let pork stand at room temperature.
- ✔ Crack and beat eggs; keep chilled, with plastic wrap directly on surface of eggs.

10 MINUTES BEFORE SERVING
- ✔ Scramble eggs.

5 MINUTES BEFORE SERVING
- ✔ Mix mimosas.



Strawberry-Rhubarb Trifle
Recipe p. 132



SOFT-SCRAMBLED EGGS WITH ASPARAGUS

Hands-on: 15 min.
Total: 15 min.

For perfect soft-scrambled eggs, cook slowly and stir often to form creamy curds (see page 176). Use the thinnest asparagus you can find so it will become crisp-tender with gentle heat.

- 18 large eggs, lightly beaten
- 1/3 cup whole milk
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil, divided
- 1 cup finely chopped small asparagus
- 1/4 cup chopped fresh flat-leaf parsley

1. Combine first 4 ingredients in a medium bowl, stirring with a whisk.

2. Heat a large nonstick skillet over medium heat. Add 2 tablespoons oil to pan; swirl to coat. Add eggs and asparagus to pan. Reduce heat to medium-low. Cook 8 minutes or until eggs are soft and begin to set, stirring frequently. Stir in parsley; drizzle with remaining 1 tablespoon oil.

SERVES 12 *(serving size: 1/3 cup)*
CALORIES 146; **FAT** 10.9g (sat 3g, mono 5.5g, poly 1.8g); **PROTEIN** 10g; **CARB** 2g; **FIBER** 0g; **CHOL** 280mg; **IRON** 2mg; **SODIUM** 304mg; **CALC** 55mg



BLOOD ORANGE MIMOSAS

Hands-on: 10 min.
Total: 12 min.

We love the color blood oranges give this classic brunch cocktail. A dash of bitters adds depth. Look for orange bitters—such as Fee Brothers or Stirrings—at liquor stores or specialty grocers. The sugar cube dissolves as you sip, balancing the bitters and giving off bubbles for a festive touch. Juice the oranges and keep chilled up to a day ahead.

- 12 sugar cubes
- 1/2 teaspoon blood orange bitters or Angostura bitters
- 7 1/2 cups sparkling wine, chilled
- 3 cups fresh blood orange juice (about 6 oranges)
- Blood orange rind curls (optional)

1. Place 1 sugar cube in each of 12 Champagne flutes or slender glasses; add 1 drop bitters to each flute. Combine wine and juice. Divide wine mixture evenly among flutes. Garnish with rind, if desired.

SERVES 12 *(serving size: about 3/4 cup)*
CALORIES 143; **FAT** 0g; **PROTEIN** 0g; **CARB** 11g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 0mg; **CALC** 5mg

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ORANGE, HONEY, AND THYME BISCUITS

Hands-on: 23 min.
Total: 36 min.
Bake biscuits up to a day ahead, and keep in a sealed zip-top plastic bag.

- ⅔ cup nonfat buttermilk
- 2 tablespoons clover honey
- 2 teaspoons chopped fresh thyme
- 2 teaspoons grated orange rind
- 10 ounces spelt flour (about 2 cups)
- 5 teaspoons baking powder
- ¼ teaspoon kosher salt
- 5½ tablespoons chilled butter, cut into small pieces
- Cooking spray

1. Preheat oven to 425°.
2. Combine the first 4 ingredients in a small bowl, stirring with a whisk.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and salt in a medium bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk mixture to flour mixture, stirring just until moist. Turn dough out onto a lightly floured surface; pat into a 7½-inch square; cut into 12 rectangles. Place dough on a foil-lined baking sheet coated with cooking spray. Bake at 425° for 13 minutes or until lightly browned on edges and bottom.

SERVES 12 *(serving size: 1 biscuit)*
CALORIES 162; **FAT** 6.1g (sat 3.3g, mono 1.4g, poly 0.2g); **PROTEIN** 4g; **CARB** 22g; **FIBER** 3g; **CHOL** 14mg; **IRON** 1mg; **SODIUM** 330mg; **CALC** 61mg

ROAST PORK TENDERLOIN WITH SPICY APRICOT JAM

Hands-on: 20 min.
Total: 30 min.
Make the pork and jam mixture up to a day ahead.

- ½ cup apricot preserves
- 1 tablespoon white wine vinegar
- ¾ teaspoon kosher salt, divided
- ¼ teaspoon crushed red pepper
- 2 garlic cloves, finely chopped
- 1 (1-pound) pork tenderloin, trimmed
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons olive oil

1. Preheat oven to 425°.
2. Combine preserves, vinegar, ¼ teaspoon salt, red pepper, and garlic in a small saucepan; bring to a simmer. Cook 3 minutes or until slightly thickened.
3. Sprinkle pork with remaining ½ teaspoon salt and black pepper. Heat a large ovenproof skillet over medium-high heat. Add oil; swirl to coat. Add pork to pan; cook 4 minutes or until browned. Turn pork over. Place pan in oven. Bake at 425° for 10 minutes or until thermometer registers 150°. Remove pork from pan; let stand 10 minutes. Cut pork into 36 thin slices. Serve with apricot mixture.

SERVES 12 *(serving size: 3 pork slices and 2 teaspoons apricot mixture)*
CALORIES 81; **FAT** 1.6g (sat 0.4g, mono 0.9g, poly 0.2g); **PROTEIN** 8g; **CARB** 9g; **FIBER** 0g; **CHOL** 25mg; **IRON** 0mg; **SODIUM** 145mg; **CALC** 6mg

Pretty up your party

We asked Mariam Naficy, founder and CEO of Minted, how to add a unique visual spin to soirées while keeping costs sensible.

1 USE WHAT YOU HAVE.
"Everybody has art around the house—even children's art. Use it to create a backdrop or gallery wall behind your buffet table," says Naficy, who has some of her children's artwork mixed with high-end pieces and antiques. And think outside the box when it comes to potentially pricey floral arrangements: "Last Thanksgiving, my kids and I snipped olive branches from the yard and made our own centerpieces," she says.

2 MAKE IT FUN.
Mount a photo backdrop on a blank wall so guests can snap visual souvenirs and upload party shots to Instagram and Facebook. Choose one of the 32 customizable options available at Minted.com, or whip up your own with butcher paper and metallic markers.

3 DRESS THE TABLE.
You don't have to spend a lot of effort on a tablecloth or runner. Snip edges of fabric with pinking shears (that's exactly what we did with Minted's fabric on page 126), and you have a runner to match your décor. For spring parties, Naficy suggests bringing the outside in: "Try a strip of real grass or moss running along the center of the table," she says. "You can buy small segments at hardware or garden stores."

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SPRING PEA SALAD WITH CREAMY CURRY DRESSING

Hands-on: 25 min.
Total: 25 min.

Wonderful flavor comes from Madras curry powder—it's bold but not too heavy. If you can only find regular curry powder, start with half the amount we call for.

- 4 cups sugar snap peas, trimmed and diagonally sliced
- 1 tablespoon Madras curry powder
- 1½ tablespoons fresh lime juice
- ¼ cup canola mayonnaise
- 3 tablespoons plain 2% Greek yogurt
- 1 tablespoon fat-free milk
- ½ teaspoon sugar
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¾ cup very thinly vertically sliced red onion
- ⅓ cup torn fresh mint leaves
- 1 (10-ounce) package frozen petite green peas, thawed
- 1 cup very thinly sliced radishes
- 2 ounces feta cheese, crumbled (about ½ cup)

1. Bring a large pot of water to a boil. Add snap peas; cook 2 minutes. Drain and rinse with cold water; drain well. Set aside.
2. Combine curry and juice in a small bowl. Let stand 5 minutes. Add mayonnaise and the next 5 ingredients (through black pepper), stirring well with a whisk.
3. Combine snap peas, red onion, mint, and green peas in a large bowl. Add mayonnaise mixture; toss gently to coat. Top with radishes and feta.

SERVES 12 *(serving size: ½ cup)*
CALORIES 72; **FAT** 2.5g (sat 0.8g, mono 1g, poly 0.6g); **PROTEIN** 4g; **CARB** 9g; **FIBER** 3g; **CHOL** 4mg; **IRON** 2mg; **SODIUM** 201mg; **CALC** 64mg



STRAWBERRY-RHUBARB TRIFLE

Hands-on: 40 min. Total: 5 hr.

Custard:

- 2 cups 2% reduced-fat milk
- ⅓ cup sugar, divided
- ⅛ teaspoon salt
- ¼ cup cornstarch
- 1 large egg
- 3 large egg yolks
- 1½ teaspoons vanilla extract

Rhubarb:

- ½ cup sugar
- ½ cup fresh orange juice
- ⅛ teaspoon salt
- 1 (12-ounce) package frozen rhubarb, thawed and undrained

Remaining ingredients:

- 1 (15-ounce) prebaked angel food cake, cut into 2-inch cubes
- 1 pound strawberries, sliced
- 2 cups reduced-fat frozen whipped topping, thawed
- 1 tablespoon sliced almonds, toasted

1. To prepare custard, heat milk, 3 tablespoons sugar, and ⅛ teaspoon salt in a saucepan to 180° or until tiny bubbles form around edge (do not boil). Combine remaining 2½ tablespoons sugar, cornstarch, egg, and egg yolks in a bowl, stirring with a whisk until smooth. Gradually add hot milk mixture to egg mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium heat until thick and bubbly (about 4 minutes), stirring constantly. Remove from heat; stir in vanilla. Place pan in an ice water–filled bowl 20 minutes or until mixture comes to room temperature; stir occasionally.
2. To prepare rhubarb, place ½ cup sugar, orange juice, ⅛ teaspoon salt, and rhubarb in a medium saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes or until rhubarb breaks down and mixture thickens. Place the pan in an ice water–filled bowl until mixture cools to room temperature, stirring occasionally.
3. Arrange one-third of cake cubes in bottom of a 3-quart trifle dish. Arrange one-third of strawberries around edge and over top of cake. Spoon one-third of rhubarb over cake. Spoon one-third of custard over rhubarb. Repeat layers 2 more times. Carefully spread whipped topping over top. Sprinkle with nuts. Cover and refrigerate 4 hours or overnight.

SERVES 12 *(serving size: about 1 cup)*
CALORIES 249; **FAT** 4.2g (sat 2.4g, mono 1.1g, poly 0.5g); **PROTEIN** 5g; **CARB** 49g; **FIBER** 1g; **CHOL** 65mg; **IRON** 1mg; **SODIUM** 258mg; **CALC** 150mg



SCAN PRODUCT PHOTO, SHOP OUR LOOK ONLINE. SEE PAGE 8.


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CASUAL Cocktail Party

Entertain with ease with a make-ahead menu of big-flavored small bites and batched seasonal cocktails.

Story by **CHERYL SLOCUM** *Photography by* **BRIAN WOODCOCK** *Recipes by* **THE CL KITCHEN**

HAVE FUN HOSTING A SPIRITED SPRING GATHERING. Pioneering Atlanta bartender Greg Best says cocktail parties are a chance to break routine and have some fun—and that goes for the host, too. "If you're stuck behind a bar, you're not fulfilling your guests' requirements," says Best, whose newest restaurant opens at Atlanta's Krog Street Market in late summer. His solution: big-batch drinks paired with snacks that keep the party emphasis carefree and easy. With *Cooking Light*'s menu as the springboard, Best offers cool sips and inspiring tips for this and many parties to come.

Season Creep Cocktail
(also pictured at left)
Recipe p. 150

Roasted Red Pepper Deviled Eggs
Recipe p. 148

Game Plan

UP TO 5 DAYS AHEAD
- ✔ Make and freeze lamb pastries.
- ✔ Prepare and chill pineapple syrup.

UP TO 2 DAYS AHEAD
- ✔ Cook eggs and make filling.
- ✔ Cook artichokes and kale.

UP TO 1 DAY AHEAD
- ✔ Toast bread and make pea mixture.
- ✔ Make white chocolate cream cups.

2 HOURS AHEAD
- ✔ Make ricotta.
- ✔ Assemble artichoke and kale dip.

1 HOUR AHEAD
- ✔ Make both cocktails; store in pitchers in the refrigerator.

30 MINUTES BEFORE SERVING
- ✔ Fill egg whites.
- ✔ Assemble pea crostini.
- ✔ Bake lamb pastries.
- ✔ Bake kale dip.

SLAP MINT BETWEEN PALMS TO RELEASE FRAGRANT ESSENTIAL OILS.

Vera Kollans Cocktails
Recipe p. 148



OFFER FUSS-FREE FARE
Be sure to offer finger foods that guests can enjoy with a drink in one hand. From the left, Best's close friends James Irungu and fellow barkeeps Jarina Naone and Paul Calvert bond over sips and snacks.

FOOD STYLING: CHELSEA ZIMMER; PROP STYLING: MISSIE NEVILLE CRAWFORD



GREG BEST'S GUIDE TO

Stocking a Home Cocktail Bar

BASE SPIRITS

Best, pictured with friend Morgan Jones, recommends keeping vodka, gin, light rum, brandy, and a whiskey, such as bourbon. "Stocking a home bar is like keeping a core spice rack," says Best. "You can do so much with just these five basic spirits."

MODIFIERS

Dry white and sweet red vermouths (store half-bottles in the fridge) and bitters—including Angostura, Regan's Orange, and Peychaud's—add complexity to cocktails. You can also expand on this list with liqueurs like Triple Sec, Curaçao, and Campari.

MIXERS

Club soda and tonic are staples you should always have available. When you add them to fresh juice or flavored syrup (see Best's advice on making homemade syrups, at right), you can create mixers that are less sugary than store-bought.



Fresh Artichoke and Kale Dip
Recipe p. 148

DIY Flavored Syrups

FRUIT SYRUPS
Best boils equal parts turbinado sugar and water until dissolved, then adds and simmers a highly acidic juice like pineapple or cranberry for a few minutes. For dimension, he adds a fresh or dried herb or spice over low heat.

HERB OR SPICE SYRUP
Natural syrups—honey, maple, and agave—marry best with citrus zest, dried herbs, and spices. Best slightly thins syrups with water and heats over low heat. He limits flavorings to one or two and simmers until the desired intensity is reached.

SYRUP SHELF LIFE
If you plan to use syrup within a few days, refrigerate, covered, in a glass jar. To keep syrups for up to three weeks, add 1/4 ounce vodka for every 3 cups of syrup to prevent fermentation; refrigerate as directed above.



Sweet Pea Crostini with Ricotta
Recipe p. 152



Mix Up the Menu

Offer at least three to four different small bites with big flavor so everyone can enjoy the variety without filling up. Even the choosiest guests will find something to savor. Stagger servings to create a little buzz as each new item is introduced.

Little Lamb Pastries
Recipe p. 150



The After-Party

The beauty of finger food is that there are no utensils and few plates—so there's very little to wash once everyone has left and the post-party work begins.

BLOOD ORANGE AND WHITE CHOCOLATE CREAM CUPS

Hands-on: 40 min.
Total: 50 min.

Return toasted and cooled cups to the tray they came in. It's a steady base to use when filling. For ease, work with two spoons: one to scoop, and the other to scrape the mixture neatly into the cups. You can make the cups up to a day ahead.

- 1 (1.9-ounce) package frozen mini phyllo cups, thawed
- 1 tablespoon grated blood orange rind, divided
- ¼ cup plus 2 teaspoons sugar, divided
- ¼ cup fresh blood orange juice
- 1 tablespoon fresh lemon juice
- 2 teaspoons cornstarch
- 2 large egg yolks
- 1 tablespoon unsalted butter
- 2 ounces premium white chocolate, finely chopped
- ¼ cup heavy whipping cream, divided

1. Preheat oven to 350°.
2. Place phyllo cups on a baking sheet. Bake at 350° for 7 minutes or until crisp. Cool completely.
3. Sprinkle 2 teaspoons rind evenly on a baking sheet covered with parchment paper. Bake at 350° for 7 minutes or until rind is dry, stirring and rotating pan after 7 minutes. Cool completely on pan.
4. Combine remaining 1 teaspoon rind, ¼ cup sugar, juices, cornstarch, and yolks in a small heavy saucepan over medium heat; stir with a whisk until smooth. Cook 6 to 8 minutes or until thick and bubbly. Whisk in butter. Place pan in a large ice water–filled bowl; cool, stirring mixture occasionally.
5. Place white chocolate and 1 tablespoon whipping cream in a microwave-safe bowl. Microwave at HIGH 20 seconds or until chocolate melts; stir until smooth. Let stand 5 minutes or until slightly cooled. Combine remaining 3 tablespoons cream and 2 teaspoons sugar in a small bowl. Beat with a mixer at high speed until stiff peaks form. Gently fold whipped cream into chocolate mixture.
6. Spoon about 2 teaspoons curd into each phyllo cup; top each with about 2 teaspoons cream. Sprinkle with dried rind.

SERVES 15 *(serving size: 1 filled phyllo cup)*
CALORIES 86; **FAT** 5.1g (sat 2.4g, mono 0.9g, poly 0.2g); **PROTEIN** 1g; **CARB** 9g; **FIBER** 0g; **CHOL** 33mg; **IRON** 0mg; **SODIUM** 19mg; **CALC** 12mg

Save one for the Easter bunny. If you can.



Philadelphia® Easter Mini Cheesecakes

Prep Time: 20 min. | Total Time: 3 hrs. 20 min. incl. refrigeration | Makes: 18 servings

- *1* cup graham cracker crumbs
- *3/4* cup plus 2 Tbsp. sugar, divided
- *3* Tbsp. butter, melted
- *3* pkg. Philadelphia® Cream Cheese (8 oz. each), softened
- *1* tsp. vanilla
- *3* eggs
- *1* cup plus 2 Tbsp. coconut
- *54* speckled chocolate eggs

HEAT oven to 325°F.
MIX graham crumbs, 2 Tbsp. sugar and butter; press into the bottoms of 18 paper lined muffin cups.
BEAT cream cheese, vanilla and remaining sugar with mixer until smooth.
ADD eggs, 1 at a time, mixing on low speed after each just until blended. Spoon over crusts.
BAKE 25 to 30 minutes or until centers are almost set. Cool completely. Refrigerate for 2 hours.
TOP each cheesecake with 1 Tbsp. toasted coconut shaped into a nest. Fill each nest with 3 speckled chocolate eggs.



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ROASTED RED PEPPER DEVILED EGGS

Hands-on: 25 min.
Total: 45 min.

Fresh, hard-cooked eggs can be a nuisance to peel, but steaming them makes it easy. You can cook the eggs and prepare the filling two days in advance, but wait to fill the whites until the day you plan to serve them.

- 12 large eggs
- 2 large red bell peppers
- ¼ cup chopped dry-roasted almonds, toasted and divided
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons canola mayonnaise
- 2 teaspoons cider vinegar
- ½ teaspoon kosher salt
- ½ teaspoon smoked paprika
- 2 garlic cloves
- Chopped fresh chives (optional)

1. Add water to a large saucepan to a depth of 1 inch; set a large vegetable steamer in pan. Bring water to a boil. Add eggs to steamer. Steam eggs, covered, 16 minutes. Remove from heat. Place eggs in a large bowl filled with ice water; let stand for 3 minutes.
2. Preheat broiler to high.
3. Cut bell peppers in half lengthwise; discard seeds and membranes. Place, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 8 minutes or until blackened. Wrap bell peppers in foil; let stand 10 minutes. Remove and discard peel; chop peppers.
4. Combine peppers, 3 tablespoons almonds, olive oil, and remaining ingredients in a food processor; process until smooth.
5. Peel eggs; discard shells. Slice eggs in half lengthwise. Add yolks to bell pepper mixture; process until combined. Spoon mixture into egg white halves (about 1 tablespoon each). Sprinkle egg halves with remaining 1 tablespoon almonds and chives, if desired.

SERVES 12 *(serving size: 2 egg halves)*
CALORIES 125; **FAT** 9.3g (sat 2g, mono 4.9g, poly 1.8g); **PROTEIN** 7g; **CARB** 3g; **FIBER** 1g; **CHOL** 186mg; **IRON** 1mg; **SODIUM** 171mg; **CALC** 38mg



FRESH ARTICHOKE AND KALE DIP

STAFF FAVE

Hands-on: 35 min.
Total: 1 hr. 10 min.

Fresh artichoke leaves make the best earth-friendly disposable utensils: Their shape is perfect for scooping up dip, and after you nibble the tasty meat from the base of the leaf, you can toss it out guilt-free. Cook the artichokes and kale up to two days ahead—it will be a time-saver during the last-minute rush of putting on a party.

- 4 medium globe artichokes
- 7 ounces chopped kale (about 7 cups)
- ½ cup canola mayonnaise
- 4 ounces ⅓-less-fat cream cheese, softened
- ¼ cup fat-free milk
- ¼ cup plain fat-free Greek yogurt
- ⅛ teaspoon kosher salt
- 2 garlic cloves, grated
- ⅓ cup chopped green onions
- Cooking spray

1. Preheat oven to 350°.
2. Cut stems and about 1½ inches from tops of artichokes with a serrated knife. Arrange artichokes, stem end up, in an 8-inch square baking dish. Add water to dish to a depth of ¼ inch. Cover with plastic wrap; pierce once with tip of a knife to vent. Microwave at HIGH for 10 minutes. Place artichokes on a plate, reserving cooking liquid; cool. Add kale to baking dish; cover with plastic wrap. Pierce once with the tip of a knife to vent. Microwave at HIGH for 4 minutes. Drain kale; set aside.
3. Remove leaves from artichokes, reserving the biggest and prettiest for dipping (discard tough outer leaves and small inner leaves). Remove and discard fuzzy thistle from bottom. Chop artichoke bottoms; set aside.
4. Combine mayonnaise, cream cheese, milk, yogurt, salt, and garlic in a medium bowl, stirring until smooth. Add onions; stir until well combined. Add chopped artichokes and kale.
5. Spoon mixture into a 1-quart baking dish coated with cooking spray. Bake at 350° for 35 minutes or until edges brown. Serve with artichoke leaves or crudités for dipping.

SERVES 12 *(serving size: about ¼ cup)*
CALORIES 94; **FAT** 5g (sat 1.3g, mono 2.1g, poly 1.2g); **PROTEIN** 4g; **CARB** 10g; **FIBER** 3g; **CHOL** 7mg; **IRON** 1mg; **SODIUM** 185mg; **CALC** 95mg



VERA KOLLANS COCKTAILS

Hands-on: 5 min. Total: 10 min.

This drink is Greg Best's twist on the classic fizzy lemonade cocktail, Tom Collins.

- 12 ounces fino sherry, such as César Florido
- 9 ounces Triple Sec, such as Combier
- 6 ounces lemon juice
- 6 ounces lime juice
- 48 ounces light tonic water
- 12 mint sprigs

1. Combine first 4 ingredients in a pitcher. Pour into 12 ice-filled glasses. Top each drink with 4 ounces tonic water, and garnish with a mint sprig.

SERVES 12 *(serving size: about ½ cup)*
CALORIES 156; **FAT** 0.1g (sat 0g, mono 0g, poly 0g); **PROTEIN** 0g; **CARB** 21g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 15mg; **CALC** 4mg



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LITTLE LAMB PASTRIES

Hands-on: 45 min.
Total: 65 min.

The filling is based on picadillo, a Latin dish of ground meat with flavorings that vary by region. This version, with sweet raisins and salty olives, is Cuban-influenced. You can freeze unbaked pastries up to a month ahead; bake from frozen for a few minutes longer.

- Cooking spray
- 8 ounces lean ground lamb
- ¾ teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 3 garlic cloves, minced
- 2 tablespoons unsalted tomato paste
- ⅓ cup water
- ⅓ cup raisins
- 1 teaspoon red wine vinegar
- 1 ounce small pimiento-stuffed olives, finely chopped (about 14)
- 16 (14 x 9–inch) sheets frozen phyllo dough, thawed
- 1 tablespoon canola oil

1. Heat a medium skillet over medium-high heat. Coat pan with cooking spray. Add lamb to pan; cook 4 minutes or until browned, stirring to crumble. Drain lamb, if necessary; transfer to a cutting board. Finely chop lamb. Wipe pan with a paper towel, and heat over medium-high heat. Add lamb, cumin, salt, pepper, and garlic; cook 1 minute, stirring frequently. Add tomato paste; cook 30 seconds, stirring constantly. Add ⅓ cup water, stirring until well combined. Remove from heat; stir in raisins, vinegar, and olives.

2. Preheat oven to 400°.

3. Place 1 phyllo sheet on a large cutting board or work surface (cover remaining phyllo to keep from drying); coat phyllo with cooking spray. Arrange another phyllo sheet over coated phyllo sheet; coat with cooking spray. Cut phyllo stack lengthwise into 3 (3-inch-wide) strips. Spoon about 1 scant tablespoon lamb mixture onto 1 end of each strip. Fold 1 corner of phyllo dough over mixture, forming a triangle; continue folding firmly back and forth into a triangle to end of strip. Repeat folding procedure with remaining two strips. Place triangles, seam sides down, on a baking sheet lined with parchment paper; cover to prevent drying. Repeat procedure with remaining phyllo, cooking spray, and lamb mixture. Lightly brush triangles with canola oil. Bake at 400° for 18 minutes or until lightly browned. Serve pastries warm or at room temperature.

SERVES 12 *(serving size: 2 pastries)*
CALORIES 110; **FAT** 4.5g (sat 1.2g, mono 2.2g, poly 0.6g); **PROTEIN** 5g; **CARB** 12g; **FIBER** 1g; **CHOL** 12mg; **IRON** 1mg; **SODIUM** 197mg; **CALC** 21mg



FOLD AND FREEZE THESE PASTRIES TO GET A JUMP ON PARTY PREP.



SEASON CREEP COCKTAILS

Hands-on: 10 min.
Total: 40 min.

For this drink, Best uses yellow Chartreuse—an herbal liqueur flavored with saffron and honey. Substitute Strega, an Italian herbal liqueur, if you wish.

- ¾ cup turbinado sugar
- 4 ounces water
- 5 ounces unsweetened pineapple juice
- 10 fresh sage leaves, torn
- 18 ounces light rum, such as Denizen
- 6 ounces fresh lime juice
- 3 ounces yellow Chartreuse
- 12 lime slices

1. Bring sugar and 4 ounces water to a boil in a small saucepan, stirring to dissolve sugar. Add pineapple juice; reduce heat, and simmer 10 minutes. Reduce heat to low; add sage, and steep 5 minutes. Remove from heat; strain and discard solids. Cool to room temperature.

2. Combine pineapple syrup, rum, lime juice, and Chartreuse in a pitcher. To serve, pour 6 ounces rum mixture into a shaker filled with ice. Shake well, and strain into a glass. Garnish with a lime slice. Repeat procedure with remaining rum mixture, ice, and lime slices.

SERVES 12 *(serving size: about ½ cup)*
CALORIES 188; **FAT** 0g; **PROTEIN** 0g; **CARB** 20g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 2mg; **CALC** 3mg

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5. Shell Bisque tidbit plate in blue. $9, canvashomestore.com

6. Vintage bottle opener. $9, cb2.com

7. Orb cocktail stirrer and Orb cocktail whisk. $6 and $8, crateandbarrel.com



SWEET PEA CROSTINI WITH RICOTTA

STAFF FAVE

Hands-on: 16 min. Total: 25 min.

Impress your company with this easy-to-prepare appetizer. Making your own ricotta is incredibly simple and doesn't require special equipment. Our microwave trick is foolproof. The pea mixture is quick and easy to make, but you can also mix it up ahead, along with toasting the bread, so that you can simply assemble the crostini when you are ready to serve your guests.

- 2 cups whole milk
- ⅓ cup plain Greek yogurt
- 2 tablespoons white wine vinegar, divided
- ⅜ teaspoon kosher salt, divided
- 10 ounces frozen green peas, thawed
- 1 cup fresh mint leaves
- ¼ cup extra-virgin olive oil, divided
- ½ teaspoon freshly ground black pepper, divided
- 24 (about ¼-inch-thick) slices baguette, toasted (about 6 ounces)

1. Combine milk, yogurt, and 2 teaspoons vinegar in a microwave-safe bowl, stirring with a whisk. Microwave at HIGH for 4 minutes. Gently stir to form small curds. Strain mixture through a sieve over a bowl; let stand 5 minutes. Reserve 2 tablespoons liquid. Discard remaining liquid. Combine reserved liquid, solids, and ⅛ teaspoon salt in a small bowl.

2. Combine remaining 4 teaspoons vinegar, remaining ¼ teaspoon salt, peas, mint, 3 tablespoons oil, and ¼ teaspoon pepper in the bowl of a food processor; pulse until spreadable but still slightly coarse.

3. Place about 1 tablespoon pea mixture on each toasted bread slice. Top each piece with about 1 teaspoon ricotta mixture. Sprinkle toasts evenly with remaining ¼ teaspoon pepper, and drizzle with remaining 1 tablespoon oil.

SERVES 12 *(serving size: 2 pieces)*
CALORIES 126; **FAT** 6.7g (sat 1.9g, mono 3.9g, poly 0.6g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 1g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 188mg; **CALC** 62mg

—Cocktail recipes by Greg Best

PHOTOGRAPHY: (TOP) JENNIFER CAUSEY; PROP STYLING: LINDSEY LOWER AND CLAIRE SPOLLEN

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Dip In!

Celebrate the dip of the decade by spinning hummus seven different and delicious ways.

Recipes by **DARCY LENZ** *Photography by* **JENNIFER CAUSEY**



START HERE

EASY HUMMUS (Not pictured)
Combine 2 tablespoons tahini (roasted sesame seed paste), 2 tablespoons fresh lemon juice, 1 tablespoon extra-virgin olive oil, 1 (15-ounce) can rinsed and drained unsalted chickpeas, ¼ teaspoon kosher salt, 3 tablespoons water, and 1 garlic clove in the bowl of a food processor; **process** until smooth.
SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 73; **FAT** 4g (sat 0.5g); **SODIUM** 69mg

→ Try one of the following variations for fresh flavor twists and textured toppers.

1 CARROT HUMMUS WITH CUMIN AND ALMONDS

Simmer 1 cup chopped carrots in a saucepan of water for 30 minutes or until tender; **drain. Add** carrots, 2 teaspoons extra-virgin olive oil, ½ teaspoon kosher salt, ½ teaspoon ground cumin, ¼ teaspoon brown sugar, and ⅛ teaspoon black pepper to food processor with Easy Hummus; **process** until smooth. **Top** hummus with 2 tablespoons sliced toasted almonds, 2 tablespoons shredded carrot, 1 teaspoon chopped parsley, and ¼ teaspoon paprika.
SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 99; **FAT** 5.9g (sat 0.7g); **SODIUM** 202mg

STAFF FAVE

2 BEET HUMMUS WITH BLUE CHEESE AND WALNUTS

Reduce tahini in Easy Hummus to 1 tablespoon; **reduce** lemon juice to 1 tablespoon. **Wrap** 1 peeled 3-ounce beet in microwave-safe parchment paper (such as Reynolds). **Microwave** at HIGH 3 minutes or until tender. **Let stand** 5 minutes; quarter beet. **Add** beet, ½ teaspoon honey, ¼ teaspoon kosher salt, and ⅛ teaspoon black pepper to food processor; **process** until smooth. **Top** with 3 tablespoons crumbled blue cheese, 1½ tablespoons chopped toasted walnuts, and 1 tablespoon microgreens.
SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 87; **FAT** 4.8g (sat 1.1g); **SODIUM** 181mg

3 EDAMAME HUMMUS WITH MISO AND SESAME

Place 1½ cups thawed frozen edamame in a small saucepan; **fill** with water to cover by 1 inch. **Bring** to a boil; **cook** 4 minutes. **Drain. Replace** chickpeas in Easy Hummus with boiled edamame; replace tahini with 2 tablespoons white miso. **Process** edamame mixture until smooth. **Drizzle** hummus with 1 teaspoon dark sesame oil, and **sprinkle** with 1 tablespoon edamame and 2 teaspoons toasted sesame seeds.
SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 70; **FAT** 3.9g (sat 0.4g); **SODIUM** 197mg

FOOD STYLING: ERIN MERHAR; PROP STYLING: LINDSEY LOWER

4 BLACK BEAN HUMMUS WITH QUESO FRESCO

Replace chickpeas in Easy Hummus with 1 (15-ounce) can rinsed and drained unsalted black beans. **Replace** lemon juice with 1 tablespoon lime juice; **reduce** tahini to 1 tablespoon. **Add** 1/2 teaspoon red wine vinegar, 1/2 teaspoon ground cumin, 1/4 teaspoon kosher salt, and 1/4 teaspoon crushed red pepper to food processor with black bean mixture; **process** until smooth. **Top** with 2 tablespoons queso fresco, 1 tablespoon chopped red onion, and 2 teaspoons chopped fresh cilantro.

SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 59; **FAT** 3.2g (sat 0.6g);
SODIUM 199mg

5 ROASTED TOMATO HUMMUS WITH PECORINO AND THYME

Preheat oven to 400°. **Toss** 1/2 cup grape tomatoes with 2 teaspoons olive oil, 1/4 teaspoon kosher salt, and 1/8 teaspoon black pepper; **spread** in an even layer on a rimmed baking sheet. **Bake** at 400° for 20 minutes or until blistered; **cool** 10 minutes. **Add** tomatoes to food processor with Easy Hummus; **process** until smooth. **Top** hummus with 2 tablespoons sliced grape tomatoes, 1 1/2 tablespoons grated pecorino Romano cheese, and 1 teaspoon chopped fresh thyme.

SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 88; **FAT** 5.4g (sat 0.8g);
SODIUM 144mg

6 WHITE BEAN HUMMUS WITH ANCHOVIES AND PARSLEY

Replace chickpeas in Easy Hummus with 1 (15-ounce) can rinsed and drained unsalted cannellini beans, reserving 1 tablespoon beans; **reduce** water to 1 tablespoon. **Add** 2 anchovy fillets, 1/4 teaspoon kosher salt, and 1/8 teaspoon black pepper to food processor with bean mixture; **process** until smooth. **Top** with 1 tablespoon reserved cannellini beans, 1 1/2 teaspoons chopped fresh parsley, 1/2 teaspoon grated lemon rind, and 1 anchovy, split lengthwise.

SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 62; **FAT** 4g (sat 0.5g);
SODIUM 167mg

7 CAULIFLOWER HUMMUS WITH GREEN OLIVES

Preheat oven to 450°. **Toss** 1 cup cauliflower florets with 2 teaspoons olive oil, 3/4 teaspoon curry powder, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper. **Spread** in an even layer on a baking sheet; **bake** at 450° for 20 minutes or until tender, **stirring** after 10 minutes. **Cool** 10 minutes. **Add** cauliflower to food processor with Easy Hummus, reserving 1 tablespoon cauliflower; **process** until smooth. **Top** hummus with reserved 1 tablespoon cauliflower and 2 tablespoons chopped pitted Castelvetrano olives.

SERVES 8 *(serving size: about 3 tablespoons)*
CALORIES 91; **FAT** 5.6g (sat 0.7g);
SODIUM 175mg



Spring Flings

FAMILY-STYLE Feast

Gather round the table for a relaxed and cozy dinner party featuring the easiest, most impressive salmon you'll ever make.

Recipes by **THE CL KITCHEN** *Photography by* **CHRISTOPHER TESTANI**



Roasted Salmon with Dill, Capers, and Horseradish
Recipe p. 162

Game Plan

UP TO 5 DAYS AHEAD
- ✔ Make sauce for salmon.

UP TO 2 DAYS AHEAD
- ✔ Make salad (add watercress just before serving).
- ✔ Roast artichokes.

UP TO 1 DAY AHEAD
- ✔ Make casserole, minus panko topping.
- ✔ Make strawberry tart.
- ✔ Spread topping on salmon.

AN HOUR AHEAD
- ✔ Bake casserole with panko topping.

20 MINUTES BEFORE SERVING
- ✔ Roast asparagus with preroasted artichokes on bottom oven rack.
- ✔ Roast salmon on top oven rack.



Beet, Farro, and Watercress Salad with Fig Vinaigrette
Recipe p. 162



Roasted Asparagus and Baby Artichokes
Recipe p. 164

FOOD STYLING: MARIANA VELASQUEZ; PROP STYLING: KIRA CORBIN



Three tips for a great casual party

1. SHARE THE MENU
Guests appreciate knowing what delights are coming their way. At my house, I scribble the menu in chalk on my pantry doors, which are painted with chalkboard paint. At your house, you can simply print a few copies of the menu on card stock and scatter them around the table.

2. PERSONALIZE WHEREVER POSSIBLE
Nothing makes guests feel more cared for than little touches specifically catered to them. Make a playlist featuring their favorite artists or songs; set out little party favors (like our Berry Lemonade Bars on page 169) labeled with each guest's name; or simply decorate by arranging one bloom of a different type of flower at each place setting.

3. MAKE MORE THAN ENOUGH
This menu is designed to serve 8 people. If you end up with 10, though, don't assume that these amounts will work for that many people. Nothing kills the joy of a party faster than running out of food (or drink, for that matter).

But be careful when scaling up; it's often tricky to do by small amounts. For example, if serving 10 people, I advise making one and a half times each recipe in this menu. (Just multiply each ingredient amount by 1.5.) You may have leftovers, but you'd rather have that than the alternative.

One exception: Don't attempt to make half a tart. Either cut smaller wedges to get 10 slightly smaller servings, or make a second tart. (You can enjoy a slice as a breakfast treat the next day.)

—Ann Taylor Pittman



CREAMED ONION CASSEROLE

Hands-on: 37 min.
Total: 47 min.

Here's a dish of straightforward comfort, a crave-worthy combo of softened onions and leeks in a creamy sauce. Make the dish through step 2 up to a day ahead, and then reheat the next day in the baking dish.

- 1 tablespoon butter
- 1 tablespoon olive oil
- 6 cups vertically sliced onion (about 3 large)
- 4 cups thinly sliced leek (white and light green parts only)
- 1 tablespoon chopped fresh thyme
- ¾ teaspoon kosher salt
- ½ cup dry white wine
- 2 cups 1% low-fat milk
- 6 tablespoons all-purpose flour
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon freshly grated nutmeg
- Cooking spray
- ⅓ cup whole-wheat panko (Japanese breadcrumbs)

1. Preheat oven to 450°.
2. Heat a large Dutch oven over medium-high heat. Add butter and oil; cook 1 minute or until butter is foamy. Add onion, leek, and thyme; cook 5 minutes, stirring frequently. Sprinkle with salt; cover, reduce heat to medium-low, and cook 15 minutes or until onions are translucent, stirring occasionally (do not allow onion to brown). Add wine; bring to a boil. Cook 5 minutes or until liquid almost evaporates. Combine milk and flour in a small bowl, stirring with a whisk. Add flour mixture, pepper, and nutmeg to pan; return to a boil. Simmer 5 minutes or until mixture thickens.
3. Spoon onion mixture into a 2-quart glass or ceramic baking dish coated with cooking spray. Top with panko. Coat panko with cooking spray. Bake at 450° for 10 minutes or until bubbly and top is golden brown. Let stand 5 minutes before serving.

SERVES 8 *(serving size: about ⅔ cup)*
CALORIES 156; **FAT** 4.1g (sat 1.6g, mono 1.8g, poly 0.4g); **PROTEIN** 5g; **CARB** 25g; **FIBER** 3g; **CHOL** 7mg; **IRON** 2mg; **SODIUM** 224mg; **CALC** 127mg



Strawberry Tart with Quinoa-Almond Crust
Recipe p. 166



BEET, FARRO, AND WATERCRESS SALAD WITH FIG VINAIGRETTE

Hands-on: 20 min.
Total: 2 hr. 22 min.

This salad is simply chock-full of all kinds of good stuff—sweet, tender beets; the crisp snap of zucchini; fennel's anise crunch; and chewy-tender farro. You can make it up to two days ahead; just leave out the watercress until shortly before serving.

- 1 pound golden beets, scrubbed
- 6 tablespoons extra-virgin olive oil, divided
- ½ cup uncooked farro
- ⅓ cup red wine vinegar
- ¼ cup finely chopped dried figs
- 1 tablespoon chopped fresh thyme
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 cups very thinly sliced fennel bulb
- 1½ cups (½-inch) cubed zucchini
- 3 ounces watercress
- ½ cup chopped unsalted roasted almonds

1. Preheat oven to 400°.
2. Leave root and 1-inch stem on beets. Rub beets with 1 tablespoon oil; wrap beets tightly in foil. Roast beets at 400° for 1½ hours or until very tender. Cool for 15 minutes. Trim off beet roots; rub off skins. Discard roots and skins. Cut beets into wedges.
3. Cook farro according to package directions; drain. Rinse farro under cold water; drain well. Spread farro out on paper towels to dry out slightly.
4. Place vinegar and figs in a small saucepan. Cover and cook gently for 10 minutes over medium heat. Remove from heat; cool completely. Place vinegar mixture, thyme, salt, and pepper in a large bowl; gradually add remaining 5 tablespoons oil, stirring constantly with a whisk. Add beet wedges, farro, fennel, zucchini, and watercress to bowl; toss to coat. Sprinkle salad with almonds.

SERVES 8 *(serving size: about 1 cup)*
CALORIES 238; **FAT** 15.5g (sat 1.9g, mono 10.9g, poly 2.1g); **PROTEIN** 5g; **CARB** 22g; **FIBER** 5g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 243mg; **CALC** 74mg



ROASTED SALMON WITH DILL, CAPERS, AND HORSERADISH

STAFF FAVE

Hands-on: 20 min.
Total: 16 hr. 20 min.

We couldn't get over how delicious and silky-rich this salmon is, or how foolproof the recipe is. Don't be thrown off by the total time it requires: Think of it instead as a great make-ahead dish, where all you have to do the night of the gathering is pop the fish in the oven for a short time. What you're doing in step 1 is making homemade crème fraîche. It's easy to do; it just takes some time. We love the creamy texture and luscious tang of homemade, but you can substitute purchased crème fraîche or full-fat sour cream. Look for a 3-pound side of salmon with even thickness. Avoid the thin tail end and buy two thicker (1½-pound) pieces if you need to. The dill sauce will keep in the fridge for up to one week.

- ¼ cup heavy whipping cream
- 1½ teaspoons buttermilk
- 1 teaspoon white wine vinegar
- 2 tablespoons chopped fresh dill
- 1⅛ teaspoons kosher salt, divided
- 1⅛ teaspoons freshly ground black pepper, divided
- ¼ cup finely grated fresh horseradish
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons finely chopped shallots
- 3 tablespoons capers, drained and chopped
- 3 tablespoons olive oil
- 1 (3-pound) salmon fillet

1. Combine cream, buttermilk, and vinegar in a small bowl. Cover with plastic wrap, and let stand at room temperature for 8 hours. Stir in dill, ⅛ teaspoon salt, and ⅛ teaspoon pepper. Cover and refrigerate overnight.
2. Meanwhile, combine remaining 1 teaspoon salt, remaining 1 teaspoon pepper, horseradish, and next 4 ingredients (through oil) in a small bowl. Spread horseradish mixture evenly over salmon. Cover and refrigerate overnight.
3. Preheat oven to 450°.
4. Place fish, skin side down, on a parchment paper–lined baking sheet. Bake at 450° for 13 minutes. Remove from oven.
5. Preheat broiler to high.
6. Broil fish 5 minutes or until desired degree of doneness. Cut fish into 8 equal portions; top fish with dill sauce.

SERVES 8 *(serving size: about 4 ounces salmon and about 2 teaspoons sauce)*
CALORIES 357; **FAT** 20.5g (sat 4.4g, mono 8.9g, poly 5.5g); **PROTEIN** 39g; **CARB** 2g; **FIBER** 1g; **CHOL** 118mg; **IRON** 2mg; **SODIUM** 456mg; **CALC** 37mg

Wines to Pour

Luckily, these recipes pair beautifully with both white and red varietals, so there will be something to please all guests. To bring together all the menu's springy "green" flavors, try a grassy, citrusy sauvignon blanc. For a red wine, try a Beaujolais. Light in body, it won't clash with the menu's vegetables while embracing the sweeter flavors of salmon and onions.

—Jordan Mackay



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BITE OF *grass.*
ENDS WITH A BITE OF *bliss.*



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2. Angled wood salad server set. $10, worldmarket.com

3. Chambray crochet napkins. $16/set of 4, worldmarket.com

4. Glenna dinner plate. $22, anthropologie.com

5. FEED arrow tea towel, $12 (top), and Belgian linen napkin, $36/set of 4 (bottom). westelm.com



ROASTED ASPARAGUS AND BABY ARTICHOKES

Hands-on: 17 min.
Total: 52 min.

To get a head start, prepare the recipe through step 2 up to two days in advance. Shortly before serving, place asparagus on pan with roasted asparagus, and proceed with step 3.

- 20 baby artichokes (about 2½ pounds)
- 5 thin lemon slices
- 1½ tablespoons olive oil, divided
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 2 tablespoons butter, melted
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon fresh lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1½ tablespoons pine nuts, toasted

1. Place a large baking sheet in oven. Preheat oven to 450°. (Leave baking pan in oven as it heats.)

2. Cut off top third of each artichoke. Trim stem to within 1 inch of base; peel stem. Remove bottom leaves and tough outer leaves, leaving tender middle and bottom. Cut each artichoke in half lengthwise. Place artichokes, lemon slices, and 1 tablespoon oil in a bowl; toss to coat. Arrange mixture in a single layer on hot baking sheet. Roast at 450° for 15 minutes or until almost done and beginning to brown, stirring well after 10 minutes.

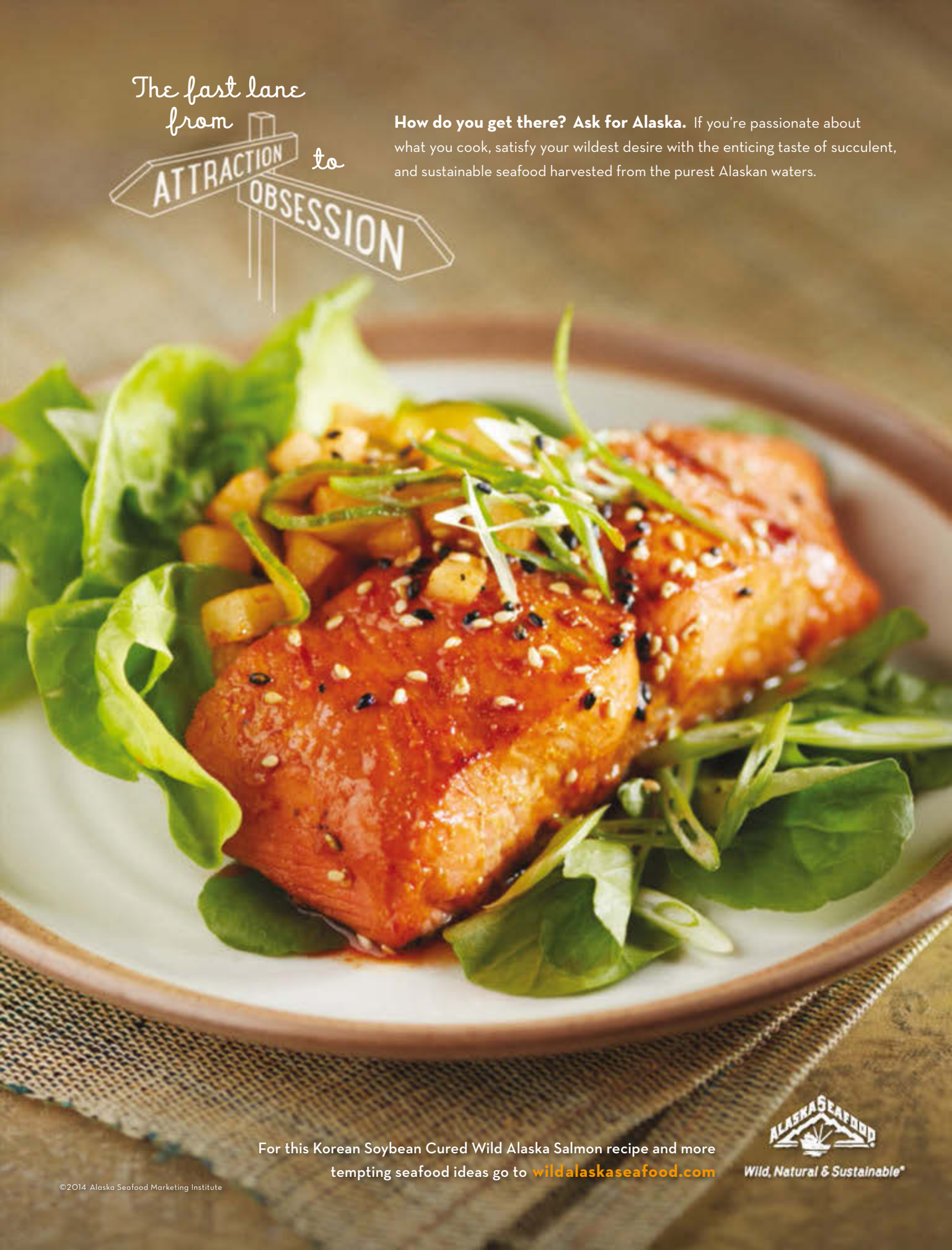
3. Toss asparagus with remaining 1½ teaspoons oil. Stir asparagus into artichoke mixture. Roast at 450° for 10 minutes or until tender, stirring after 5 minutes.

4. Place vegetable mixture in a large bowl. Add butter and next 4 ingredients (through pepper); toss gently to combine. Sprinkle evenly with pine nuts.

SERVES 8 *(serving size: about ½ cup)*
CALORIES 138; **FAT** 6.8g (sat 2.3g, mono 2.9g, poly 1g); **PROTEIN** 6g; **CARB** 18g; **FIBER** 9g; **CHOL** 8mg; **IRON** 3mg; **SODIUM** 255mg; **CALC** 79mg

PHOTOGRAPHY: (TOP) JENNIFER CAUSEY; PROP STYLING: LINDSEY LOWER AND CLAIRE SPOLLEN

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GREAT LOW-SUGAR DESSERT!

STRAWBERRY TART WITH QUINOA-ALMOND CRUST

Hands-on: 40 min.
Total: 5 hr. 7 min.

Chef Khalil Hymore introduced us to the idea of a crunchy quinoa crust with a savory tart he developed for us; we take the notion to a sweet place here. The tart holds well overnight, so make it the day before, and serve chilled right from the refrigerator.

Crust:

- 1 cup uncooked prewashed quinoa
- ½ cup almond flour
- 2 tablespoons brown sugar
- ¼ teaspoon salt
- 1 large egg, lightly beaten
- Baking spray with flour

Almond cream:

- 1 cup 2% reduced-fat milk
- 2½ ounces almond paste, crumbled
- 3 tablespoons cornstarch
- 1 tablespoon granulated sugar
- 1 large egg
- 1 large egg yolk
- ⅛ teaspoon salt
- 2 teaspoons unsalted butter

Crema:

- 2½ ounces ⅓-less-fat cream cheese
- 1 tablespoon granulated sugar
- 2 teaspoons grated lemon rind, divided
- 2 teaspoons fresh lemon juice
- 3 tablespoons heavy whipping cream
- 1½ teaspoons fresh thyme leaves, divided
- 12 ounces strawberries, hulled and sliced lengthwise
- 1 tablespoon seedless strawberry jam

1. Preheat oven to 350°.
2. Spread quinoa and almond flour evenly on a foil-lined baking sheet. Bake at 350° for 9 minutes or until lightly browned, rotating pan after 5 minutes. Cool completely on pan. Transfer mixture to the bowl of a food processor; process 1½ minutes or until almost finely ground, scraping bowl after 1 minute. Add brown sugar and ¼ teaspoon salt; pulse to combine. Add egg; pulse 3 to 4 times or until mixture begins to clump (mixture will be moist). Lightly press mixture into the bottom and up the sides of a 9-inch removable-bottom tart pan coated with baking spray (lightly coat hands with cooking spray if mixture sticks to skin). Bake at 350° for 18 minutes or until lightly browned, rotating the pan after 10 minutes. Cool completely on a wire rack. (Do not remove sides of pan.)
3. To prepare almond cream, combine milk and almond paste in a medium saucepan over medium heat; bring to a simmer. Cook 2 minutes or until almond paste melts, stirring frequently with a whisk. Combine cornstarch, 1 tablespoon granulated sugar, 1 egg, 1 egg yolk, and ⅛ teaspoon salt in a medium bowl, stirring with a whisk until smooth. Drizzle hot milk mixture into egg mixture, stirring constantly with a whisk. Return mixture to pan. Bring to a boil over medium heat, stirring constantly with a whisk; cook 1 minute or until thick, whisking vigorously. Remove pan from heat; add butter, stirring with a whisk until butter melts. Place pan in a large ice water–filled bowl; cool to room temperature, stirring occasionally.
4. To prepare crema, beat cream cheese and 1 tablespoon sugar at medium speed until smooth. Add 1 teaspoon rind, juice, and whipping cream, beating until mixture thickens (about 30 seconds). Stir in 1 teaspoon thyme leaves.
5. Place sliced strawberries and jam in a bowl; toss gently to coat.
6. Spread almond cream in bottom of cooled crust. Gently spread crema on top of almond cream. Arrange strawberries over top of crema. Sprinkle remaining 1 teaspoon rind and remaining ½ teaspoon thyme over top of strawberries. Chill 4 hours or overnight.

SERVES 8 *(serving size: 1 wedge)*
CALORIES 305; **FAT** 14.8g (sat 4.7g, mono 6.5g, poly 2.5g); **PROTEIN** 9g; **CARB** 35g; **FIBER** 4g; **CHOL** 89mg; **IRON** 2mg; **SODIUM** 178mg; **CALC** 112mg

Passover-Friendly

With a few simple swaps, you can make this menu work for a casual Passover gathering with friends.

SALAD
Omit farro; either replace the farro with quinoa, or double the watercress for a straight-vegetable salad.

SALMON
Omit the sauce; the fish is so flavor-packed, it can stand alone.

CASSEROLE
Replace butter with oil. Sub vegetable stock for milk, and use 3 tablespoons potato starch in place of flour. Use matzo meal in place of panko.

ARTICHOKES
Replace butter with flavorful extra-virgin olive oil.

DESSERT
Sub in Sponge Cake with Orange Curd and Strawberries. Recipe at CookingLight.com.



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Sweet Takeaways

Three luscious twists on tangy lemon bars—
easy party favors that will send guests home happy

Recipes by **DEB WISE** *Photography by* **JENNIFER CAUSEY**





BERRY LEMONADE BARS

STAFF FAVE

Hands-on: 15 min. Total: 2 hr. 53 min.

Guests will swoon when you send them home with these pretty treats. The strawberry version is sweet and rosy pink; the raspberry version, deeper mauve and tart. The lemon variation is straight-up puckery perfection. We mix the filling together just before the crust comes out of the oven and then pour it onto the hot crust so that it sets quickly.

Crust:

- 3 ounces unbleached all-purpose flour (about ⅔ cup)
- 1.5 ounces white whole-wheat flour (about ⅓ cup)
- ¼ cup powdered sugar
- 2 tablespoons cornstarch
- 2 teaspoons grated lemon rind
- ⅛ teaspoon salt
- ¼ cup unsalted butter, chilled and diced
- 2 tablespoons canola oil
- Cooking spray

Filling:

- 6 ounces fresh strawberries or fresh raspberries
- 1.5 ounces unbleached all-purpose flour (about ⅓ cup)
- 1⅓ cups granulated sugar
- ¼ cup fresh lemon juice
- ⅛ teaspoon salt
- 4 large eggs, lightly beaten
- 2 tablespoons powdered sugar

1. Preheat oven to 350°.

2. To prepare crust, weigh or lightly spoon 3 ounces (about ⅔ cup) all-purpose flour and whole-wheat flour into dry measuring cups; level with a knife. Combine flours and next 4 ingredients (through ⅛ teaspoon salt) in the bowl of a food processor; pulse to combine. Add butter and oil; pulse 5 to 6 times or until mixture resembles sand. Pour the mixture into an 8-inch square light-colored metal baking pan coated with cooking spray. Lightly press mixture into bottom of pan. Bake at 350° for 20 minutes.

3. To prepare filling, wipe processor clean with paper towels. Place berries in processor; process until smooth. Strain puree through a fine sieve over a bowl, pressing on solids; discard solids. Measure out ½ cup fruit puree.

4. Weigh or lightly spoon 1.5 ounces (about ⅓ cup) flour into a dry measuring cup; level with a knife. Place 1.5 ounces flour in a large bowl. Add fruit puree, granulated sugar, lemon juice, and ⅛ teaspoon salt; stir well with a whisk. Add eggs; gently stir with a whisk until combined. Pour mixture onto hot crust. Bake at 350° for 23 minutes or just until set. Cool completely on a wire rack. Refrigerate for 2 hours before slicing. Sprinkle with 2 tablespoons powdered sugar.

SERVES 16 *(serving size: 1 square)*
CALORIES 180; **FAT** 6.1g (sat 2.4g, mono 2.3g, poly 0.9g); **PROTEIN** 3g; **CARB** 29g; **FIBER** 1g; **CHOL** 54mg; **IRON** 1mg; **SODIUM** 55mg; **CALC** 13mg

Classic Tangy Lemon Bars

Omit berries. **Increase** lemon juice to ¾ cup; **add** 2 teaspoons finely grated lemon rind to filling. **Bake** as directed in main recipe.

SERVES 16 *(serving size: 1 square)*
CALORIES 179; **FAT** 6g (sat 2.4g, mono 2.3g, poly 0.9g); **PROTEIN** 3g; **CARB** 29g; **FIBER** 1g; **CHOL** 54mg; **IRON** 1mg; **SODIUM** 55mg; **CALC** 12mg



How to Package Parting Gifts

End your party with a sweet send-off: goodie bags of lemon bars for guests to snack on later. To pack, place each bar on a flattened paper muffin-cup liner or a square of wax paper or parchment paper, and slide them into cellophane bags. Package one bar, or a stack of two different colors, in each bag. Tie with decorative ribbon, and place the parcels in a single layer on a tray by the door so guests can grab one on their way out.





SUPERFRESH GARNISHES ARE THE KEY TO WOW-WORTHY BARS

FOOD STYLING: ERIN MERHAR; PROP STYLING: LINDSEY LOWER. ILLUSTRATION: DANIEL BOONE

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TECHNIQUE

POACHING FISH

If anything benefits from the gentle method of poaching (cooking food in liquid at relatively low temperature), it's fish. You'll get succulent results every time.

POACHED SALMON FILLETS

Hands-on: 15 min. Total: 15 min.

Any fish can be poached—cooking time will vary depending on the size and thickness of the fillets. Serve them warm or cold.

- 2½ cups water
- ¾ cup dry white wine
- ¼ teaspoon salt
- 1 julienne-cut carrot
- 1 julienne-cut leek
- 1 bay leaf, torn
- 2 thyme sprigs
- 4 (6-ounce) salmon fillets

1. Simmer first 7 ingredients in a large skillet over medium-low heat.
Why? *Water, fish stock, milk, beer, and even oil all work for poaching. The herbs and spices, aromatic vegetables, and acidity of wine or lemon add incredible flavor.*

2. Place salmon, either skin side up or skin side down, in pan.
How? *Choose similar-sized fillets and avoid crowding the pan so that liquid surrounds each piece of fish for even cooking.*

3. Poach 3 minutes on each side or until desired degree of doneness. Remove fillets immediately.
Is it done? *Fish is ready when opaque throughout (a sharp knife will slide through easily).*

SERVES 4 *(serving size: 1 fillet)*
CALORIES 297; **FAT** 9.6g (sat 1.3g, mono 2g, poly 2.2g); **PROTEIN** 37g; **CARB** 6g; **FIBER** 1g; **CHOL** 89mg; **IRON** 2mg; **SODIUM** 231mg; **CALC** 49mg

—Cheryl Slocum

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: ERIN MERHAR; PROP STYLING: CLAIRE SPOLLEN





USE IT UP CHALLENGE

Fish Sauce

If you bought a bottle of fish sauce for a recipe (such as the one on page 60), you might be wondering what else to do with all that pungent liquid. Here, four easy ideas for one of our favorite ingredients.

1 UMAMI-BOMB BURGERS

Combine 1 tablespoon olive oil, 1 tablespoon fish sauce, 1/4 teaspoon black pepper, 1/8 teaspoon kosher salt, 2 grated garlic cloves, and 1 pound 90% lean ground sirloin; **divide** into 4 (3/4-inch-thick) patties. **Heat** a grill pan over high heat. **Coat** pan with cooking spray. **Add** patties and 2 (1/2-inch-thick) red onion slices to pan; **cook** 3 minutes on each side or until desired degree of doneness. **Spread** 1 teaspoon canola mayonnaise on top and bottom of 4 whole-wheat hamburger buns. **Layer** bottom half of each bun with 1 patty, 1 lettuce leaf, 2 thin tomato slices, one-fourth of onion, and top half of bun.

SERVES 4 *(serving size: 1 burger)*
CALORIES 365; **FAT** 17.6g (sat 4.6g, mono 8.6g, poly 2.6g); **PROTEIN** 26g; **CARB** 26g; **FIBER** 4g; **CHOL** 69mg; **IRON** 4mg; **SODIUM** 716mg; **CALC** 71mg

*STAFF FAVE

2 GLAZED CHICKEN THIGHS

Combine 2 1/2 tablespoons fish sauce, 2 tablespoons brown sugar, 1 tablespoon grated peeled fresh ginger, and 1 tablespoon minced garlic in a large bowl, stirring with a whisk. **Reserve** 1 tablespoon mixture. **Add** 8 bone-in chicken thighs (about 3 pounds) to bowl; **toss** to coat. **Refrigerate** chicken 2 to 4 hours, tossing occasionally. **Heat** a grill pan over medium heat; **coat** pan with cooking spray. **Add** chicken, skin side down; **cook** 15 minutes, turning occasionally so as not to burn (you want a light char). **Remove** chicken to a serving platter. **Drizzle** reserved 1 tablespoon fish sauce mixture over chicken; **sprinkle** with 2 tablespoons thinly sliced green onions.

SERVES 8 *(serving size: 1 thigh)*
CALORIES 239; **FAT** 10.5g (sat 3g, mono 6g, poly 3g); **PROTEIN** 33g; **CARB** 3g; **FIBER** 0g; **CHOL** 135mg; **IRON** 1mg; **SODIUM** 452mg; **CALC** 7mg

3 SIMPLE CAESAR DRESSING

Combine 2 tablespoons fresh lemon juice, 2 tablespoons grated Parmesan cheese, 1 1/2 teaspoons fish sauce, 1/2 teaspoon Dijon mustard, 1/4 teaspoon freshly ground black pepper, 1/8 teaspoon kosher salt, 1 crushed garlic clove, and 1 large pasteurized egg yolk in the bowl of a mini food processor; **pulse** until combined. With processor running, slowly **pour** 3 tablespoons canola oil, 2 tablespoons extra-virgin olive oil, and 2 tablespoons water into egg yolk mixture; **process** just until blended and smooth.

SERVES 6 *(serving size: 2 tablespoons)*
CALORIES 121; **FAT** 12.7g (sat 1.7g, mono 8.2g, poly 2.3g); **PROTEIN** 1g; **CARB** 1g; **FIBER** 0g; **CHOL** 32mg; **IRON** 0mg; **SODIUM** 195mg; **CALC** 24mg

4 SWEET AND SAVORY PAN-SEARED BRUSSELS SPROUTS

Combine 2 tablespoons water, 1 teaspoon sugar, 1 teaspoon rice vinegar, 1 teaspoon lower-sodium soy sauce, 1 teaspoon fish sauce, and 1/4 teaspoon crushed red pepper in a small bowl, stirring until sugar dissolves. **Let stand** at least 20 minutes. **Heat** a large skillet over medium-high heat. **Add** 1 tablespoon dark sesame oil to pan; **swirl** to coat. **Add** 1 pound trimmed Brussels sprouts, halved lengthwise, to pan in a single layer, cut side down. **Cook,** without stirring, 5 minutes or until cut sides are evenly browned. **Turn** sprouts, and reduce heat to medium; **cook** 3 minutes or until crisp-tender. **Increase** heat to medium-high. **Add** fish sauce mixture to pan, tossing to coat sprouts. **Cook** 1 minute or until liquid evaporates.

SERVES 4 *(serving size: 1/2 cup)*
CALORIES 84; **FAT** 4g (sat 0.6g, mono 1.4g, poly 1.6g); **PROTEIN** 4g; **CARB** 11g; **FIBER** 4g; **CHOL** 0mg; **IRON** 2mg; **SODIUM** 168mg; **CALC** 48mg

—Recipes by the CL Kitchen

HOW TO

GARNISH

Got a sharp paring knife? Then in addition to wedges and wheels, you can make three snazzy citrus garnishes. Try with lemons, limes, oranges, or grapefruit. Wash fruit first in warm water to remove dirt and any pesticide residue. —Katie Barreira



TWIST

Cut off fruit bottom so it sits flat. Start from the top of the fruit and slice off 3/4-inch-wide pieces of rind. Cut only as deep as the rind; avoid removing any pith.



WIDE PEEL

For rind and a sliver of the juicy flesh, cut off fruit bottom so it sits flat. Cut down the side to remove a 1-inch width of rind with a thin layer of flesh attached.



SPIRAL PEEL

Cut off ends of fruit. Score rind lengthwise from end to end in 1/8-inch-wide intervals. Pull off rind strips. Curl peels around a skewer to create a spiral shape.

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: RACHEL JOHNSON; PROP STYLING: CLAIRE SPOLLEN


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IN SEASON

Green Peas

SELECT Choose peas in their pods when possible. Pods should be firm and smooth, with small, firm, bright green peas inside. Ripples in the pod mean the peas are large and overly mature (and too starchy).

STORE Once a pea pod is picked from the vine, its sugars begin to convert to starch. You can store peas refrigerated for a few days, but it's best to shell and cook them as soon as possible.

COOK Simmer shelled peas in water for 4 minutes or until crisp-tender. If you aren't serving immediately, drain and shock peas in cold water to stop the cooking and retain their bright green color. **—Cheryl Slocum**

DRY MEAT FIX

Browning can leave lean ground meats dry and gritty. The fix: Stir in a little heart-healthy olive or canola oil and a splash of water at the end for moisture.

— DEB WISE







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The Towel Trick

For light and fluffy grains, cover a pot with a kitchen towel before placing the lid on the pot while cooking (make sure to fold the towel edges onto the top of the pot to keep them away from the burner). Doing so will create a better seal between the pan and lid, and the towel will catch the steam. This prevents the condensation that collects on the pot lid from falling back into the pan and onto the grains—which can make them too wet and gummy.
—K.B.

THE CL WAY

Q HOW DO YOU MAKE SOFT-SCRAMBLED EGGS?

Done right, soft-scrambled eggs (see recipe on page 128) are almost custardlike. Here's how to achieve that creamy texture in three simple steps.



1. Crack eggs into a large bowl; stir with a whisk. Avoid using a whipping motion, which would create an airy foam that would become dry and crusty around the pan edge when cooked.

2. Pour eggs into a cold or slightly warm nonstick pan coated with oil. Starting cold prevents eggs from cooking too quickly. Stir almost constantly over medium-low heat for small, creamy curds.

3. Remove pan from the heat while eggs are slightly runny—they will continue to cook from residual heat and transform on the plate into perfect soft-scrambled eggs.
—Adam Hickman



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STAFF RAVE

Our Highest-Rated Recipe from This Issue

SWEET PEA CROSTINI WITH RICOTTA p. 152

"So fresh, tasty, and pretty. I couldn't stop eating them!"

–DEB WISE
RECIPE TESTER

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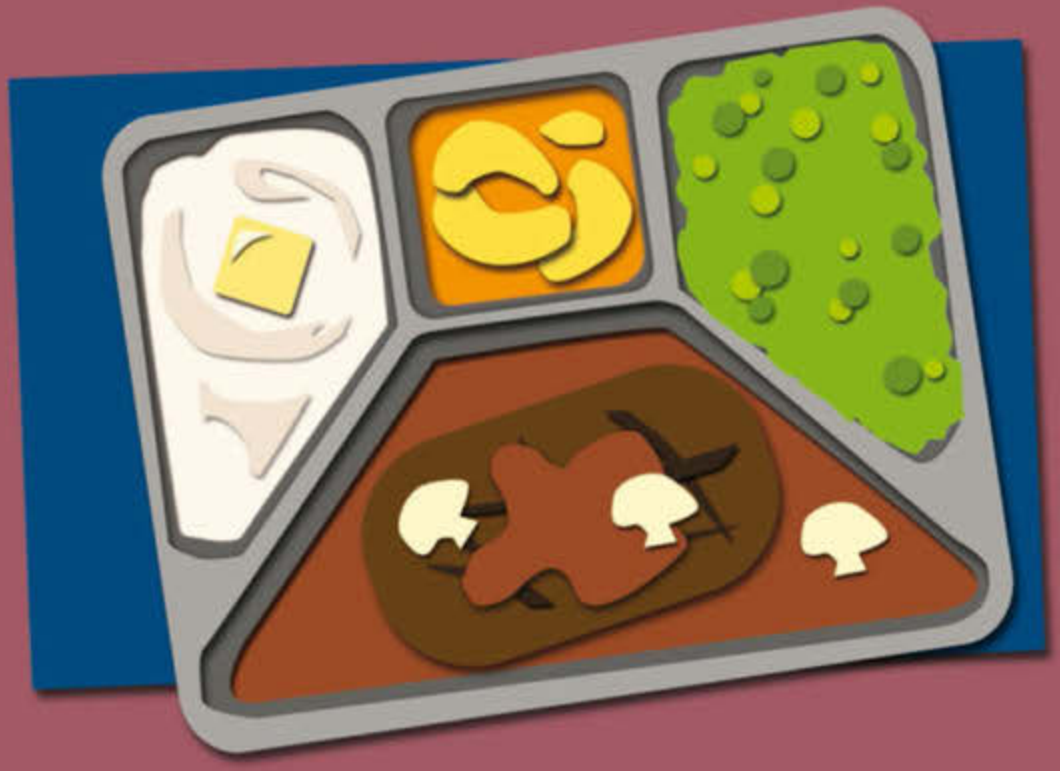
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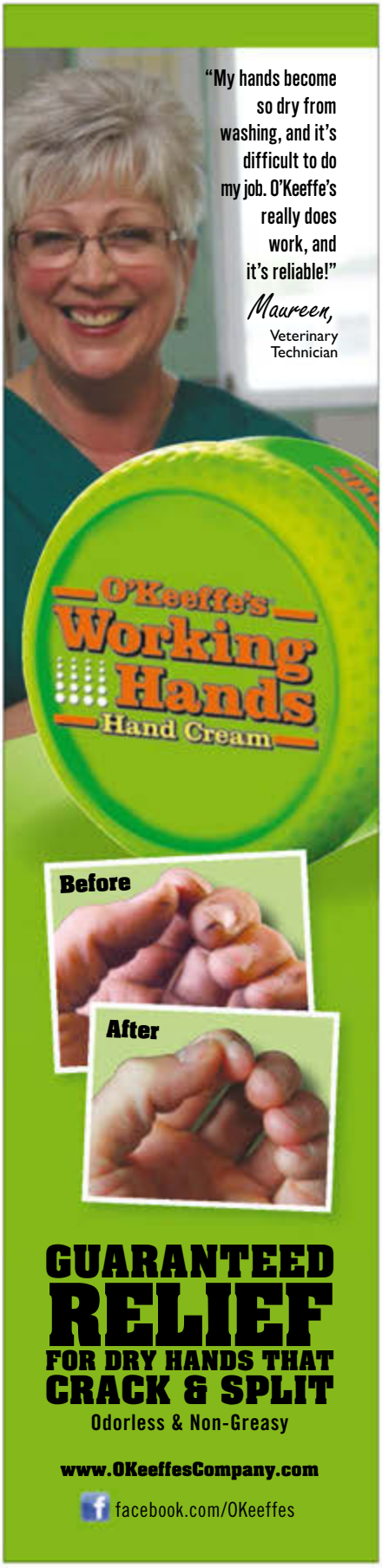
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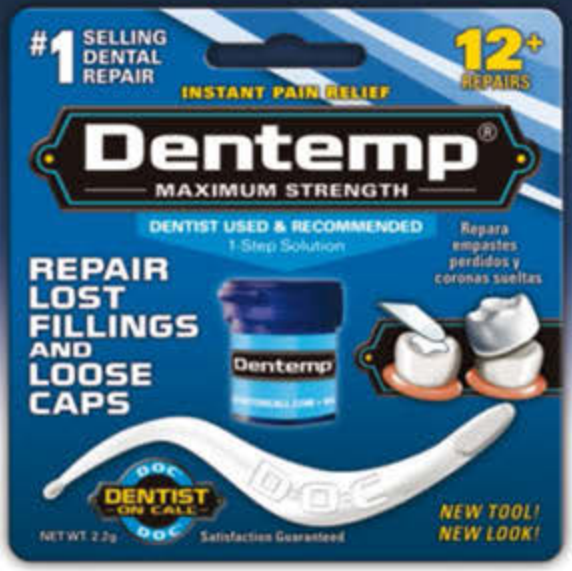
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Naturally Pretty Eggs

The custom of dyeing eggs goes back to ancient times and cuts across many cultures as a symbol of Earth's renewal after winter. Back then, onion skins, red cabbage, beets, seeds, flowers, herbs, and spices were used to tint and imprint designs on eggshells. Those simple, natural materials continue to be one of the most beautiful ways to decorate spring's most iconic food. Our recipe for perfect hard-cooked eggs and our formula for dyeing them make the whole thing easy—just pick a palette ranging from light pastels to richly saturated colors. Set an egg at each place at the brunch table, or pile them in a basket for a conversation-starting centerpiece—they'll make a delightful impression. *Recipe and video at CookingLight.com/Wow.* –BY CHERYL SLOCUM

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